

Unique Nutrition

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So long modern technology!

Bags, containers, bottles and cups.

They are everywhere. I can't get rid of them from my house. "PLASTIC!" How much plastic stuff do you have in your house? It may be one of the greatest inventions in human history. It's so useful. However, how much do you know about plastic? Is it okay to risk our health for the sake of its convenience? Plastics are made from petrol and contain bisphenol A (BPA). A number of research ^{*1*2} found BPA was linked to cancer, diabetes, cardiovascular disease, infertility, and children's behaviour problems, depression and hyperactivity. But are "BPA free" products safer? A chemical found in many "BPA free" products, known as bisphenol S (BPS), is just as potent as BPA in altering brain development and causing hyperactive behaviour in an animal study. ^{*3} Fortunately, our ancestors gave us a great solution. "GLASS!" They are easy to clean, hygienic and reusable. Let's welcome back the wisdom and stay healthy.



Plantain banana chips (serve 3)

Ingredients:

- 1 Plantain banana
- 1-2 TBS of coconut oil
- 1/4 - 1/2 TS of Himalayan rock salt

What you need:

Knife, Peeler or Slicer, Sandwich press

Direction

- 1) Wash banana and peel the skin with knife. (You can't peel with your hands!)
- 2) Slice the banana length way and put them on the sandwich press. You can break apart later so it's okay they joined tother.

- 3) Drizzle coconut oil & bake them until get crunchy. (about 5 minutes)
- 4) Sprinkle Himalayan rock salt & enjoy!

* Oven option: 170-180°C 10 -15 mins or until they get crunchy.



Super bananas

Have you seen these green bananas? They are plantain bananas.

They are rich in

potassium, fibre, vitamins and minerals and low in sugar. They have so much more health benefits than sweet bananas!

Why don't you try plantain banana chips instead of potato chips?

Ref: <http://draxe.com/plantains/>

1 cup (200g) cooked plantain

Energy	232 cal/970 kj
Fibre	4.6 g
Carbohydrate	62.3 g
Protein	1.6 g
Fat	0.4 g
Magnesium	64 mg
Potassium	930 mg
Vitamin C	21.8 mg
Vitamin B6	0.5 mg

Don't throw them away, yet.

Eggs provide great nutrition. But egg shells are also great to use! They can clean glass bottles.

No soap nor brush! Just egg shells and water!

1) Crush the egg shells (1 - 2 eggs) by hand & put them in a bottle with a bit of water.

2) Shake the bottle for a while and rinse the shell out into your compost.

Ta-da! It is clean!



Note: Egg shells of boiled eggs don't work!!

Ref: *1 Harley KG. et al. (2013) *Prenatal and early childhood bisphenol A concentrations and behavior in school-aged children*. Environmental Research. 2013 Oct;126:43-50

*2 Menard S. et al. (2014) *Food intolerance at adulthood after perinatal exposure to the endocrine disruptor bisphenol A*. FASEB Journal. 2014 Nov;28(11):4893-900.

*3 Naderi, M et al. (2014) *Developmental exposure of zebrafish (Danio rerio) to bisphenol-S impairs subsequent reproduction potential and hormonal balance in adults*. Aquatic toxicology. 2014 Mar;148:195-203.