



Follow Ticks and Star rating!
 Green ticks may be used for advertising. Star rating for

hotels is reasonable. But are star ratings and ticks for foods really useful? Should we buy 5 star rated packaged foods and avoid fresh produce which don't have any stars? Should we buy foods in a box that have a heart tick? You must wonder why some foods are rated high and others are rated low. I think, whether it's a star or tick, these symbols are misleading many consumers who don't have much knowledge about nutrition.



Here is a typical example: this coffee flavoured liquid sugar gained 4.5 out of 5 stars! Let's see its ingredients. Milk powder, soy protein, cane sugar, wheat maltodextrin, milk protein concentrate, canola oil, fructose, flavour (possibly artificial coffee?) canola oil and many numbers; 460 466,407, 452, & 332. Who on the earth believes these numbers create healthy foods? Please don't be a gullible consumer. If you must buy some packaged and/or processed foods, please read their ingredients and see how and where it's made. However, here is an easy tip to be a smarter consumer : buy fresh meat, fish, fruits and vegetables. You don't have to worry about its ingredients, either!


Cinnamon chocolate (makes 16)

Equipment:
 Silicone mould & a plate to put the mould on, small pot and a bowl

Ingredients: Only 4

40 g cacao butter
 - chopped small for easy melting
 1½ tablespoons cacao powder
 1 tablespoon of sweeteners
 { Any of these;
 Honey
 Maple syrup
 Coconut nectar

3 or 4 drops cinnamon oil (according to your taste)
 Other flavours you might like:
 Peppermint, lavender, orange



Direction:

- 1) Set a bowl on a small pot with a bit of water (approx. 2 cm depth) on a stove top with low heat.
- 2) Put all ingredients except for cinnamon oil in the bowl and mix until cacao butter melts completely.
- 3) Add cinnamon oil and remove from the heat.
- 4) Scoop with a small spoon and pour into a mould.
- 5) Put and keep them in the freezer. (They should be ready in 3 hours or so.)

SUN: TRUE GOD!

The temperature is dropping and darkness lingers in the morning. It's time to stay in and snuggle up in a blanket, isn't it? Winter is coming! (if there is winter in Brisbane.) No, it is time to go out and appreciate how much the sun helps us feel good and healthy. Sun light induces production of vitamin D and serotonin. Low vitamin D raises risk of all sort of chronic diseases, such as cardiovascular diseases, all kinds of cancer and autoimmune diseases.*1*2 Serotonin is a hormone which makes us feel good and is a precursor to melatonin which is another hormone, essential for good sleep. I do worship our sun god as we can't feel good or sleep well without it.

*1 Song M et al. Plasma 25-hydroxyvitamin D and colorectal cancer risk according to tumour immunity status. *Gut* 2016; 65: 296-304.

*2 Shoenfeld Y et al. (2017) Seasonality and autoimmune diseases: The contribution of the four seasons to the mosaic of autoimmunity. *Journal of Autoimmunity*. S0896-8411(17)30313-X.