

# BODY-MIND-SPIRIT

FEBRUARY 2015

## LENT

season of preparation



**Pasta and Sauce Making Class  
with Michael Mesa**

**Details on Page 6**



**Artisan Bread Making Class  
with Daniel Seo**

**Details on Page 6**

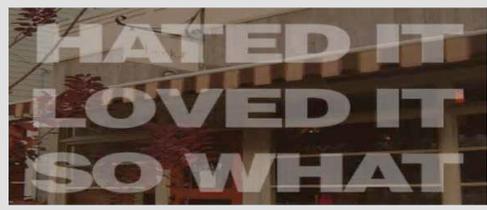
Lent – “giving up” or  
Giving Over? **Page 2**

**Committee News**

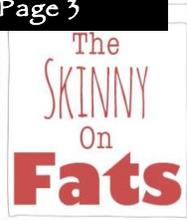
**Page 6**

- **Newsletter contest**
- **Feb cooking classes**
- **Lenten soup**

Eating out reviews – Introducing “Chewing the Fat”  
Details page 6



**Page 3**



**Page 4**

Healing Foods



**Page 5**



Train with Ian Hollick

ST. JOHN'S SEMINARY – NUTRITION COMMITTEE NEWSLETTER  
FEBRUARY 2015

Committee Members

Ian Hagan - Coordinator/Editor  
Ian Hollick – Contributing Writer  
Francis Kim – Contributing Writer



## 10 IDEAS FOR A LENTEN FAST

These 40 days  
-and beyond-

**Q. I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include chicken and dairy products?**

A. Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep, or pigs—all of which live on land. In addition, birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, con- sommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or con- diments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese, and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

**Fasting:** The law of fasting requires a Catholic from the 18th Birthday (Canon 97) to the 59th Birthday (i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday) to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinks that could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem to be contrary to the spirit of doing penance.



**G**ive yourself a chance to bring reconciliation to someone you have drifted from or even someone that hurt you or spoke badly of you, or just intentionally stayed away from.

**G**ive acts of kindness for people, just because the opportunity's there; give them little tastes of God's love.

**G**ive yourself some time for to study about what causes poverty. Follow the threads as far as you can. Then do something about it to teach and pray it forward.

**G**ive time to study, meditate, and pray over one or two Bible passages for each day, outside of the regular scheduled Daily Mass or the Daily Office, then give the Good News to someone that hungers for the Word.

**G**ive to a different charity you haven't reached out to before. This could be done through time, talent or your financial treasure.

**G**ive yourself over to increasing personal prayer. Lent is essentially an act of prayer spread out over forty days. As we pray,

we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

**G**ive yourself a change to breath. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent.

**G**ive yourself at least 1 challenge in exercising a new stewardship practice and caring for the gifts God has given us, including the environment, our seminary, our own personal talents and other resources.

**G**ive yourself at least 1 challenge in exercising a new stewardship practice and caring for the gifts God has given us, including the environment, our seminary, our own personal talents and other resources.

**G**ive \_\_\_\_\_, you and God fill in the blank.

LET US NEVER FORGET THAT AUTHENTIC POWER IS SERVICE, AND THAT THE POPE TOO, WHEN EXERCISING POWER, MUST ENTER EVER MORE FULLY INTO THAT SERVICE WHICH HAS ITS RADIANT CULMINATION ON THE CROSS. — POPE FRANCIS

# THE SKINNY ON FATS

by Francis Kim

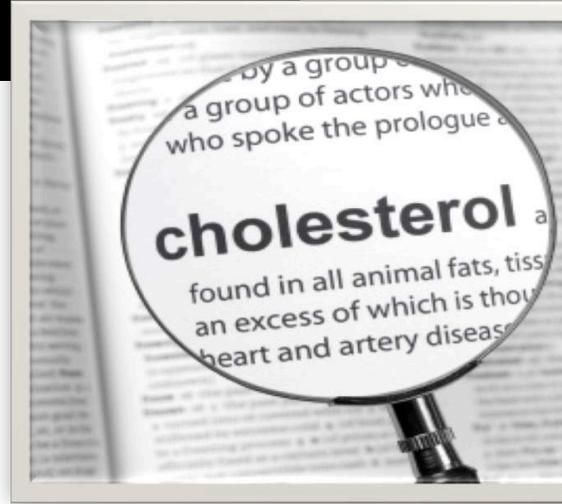
## What is trans fat?

Trans fat is a type of fat that has been hardened in order to lengthen the shelf life of the food product. According to the Mayo clinic, trans fat is the worst type of fat we can eat. Unlike other fats, trans fat raises LDL ("bad") cholesterol and lowers your HDL ("good") cholesterol. A high LDL cholesterol level in combination with a low HDL level greatly increases your risk of heart disease (by clogging your arteries with fat), which is the leading cause of death for men and women in America.

## What type of foods contain trans fat?

Under the ingredients list of a particular food product, trans fat is usually listed as "partially hydrogenated oil." Here at the seminary, trans fat can most likely be lurking in the refectory's Jiffy peanut butter and coffee creamers, the cantina's popcorn, chips, and other highly processed foods with long shelf lives. And even if companies list their product as "trans fat free" it's not entirely accurate. The FDA allows .5 grams of trans fat per serving to be labeled as "trans fat free," so if a product has .499 grams of trans fat per serving it can still legally label itself a trans fat free food.

-Francis Kim



GOOD FATS  
vs.  
BAD FATS



Not all margarines are created equal. Some margarine contains trans fat. In general, the more solid the margarine, the more trans fat it contains. So stick margarines usually have more trans fat than tub margarines do.

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-answers/butter-vs-margarine/faq-20058152>



Weight Watchers may be an effective way to help count calories and lose weight, but in addition to caloric intake we should also be aware of the harmful ingredients found in our foods and avoid such ingredients.

# SICKNESS FIGHTING FOODS IN THE REFECTORY

By Spencer LeWerence

## HONEY



HONEY CONTAINS ANTI-BACTERIAL ELEMENTS THAT FIGHTS INFECTION AND SOOTHES INFLAMED THROAT TISSUES. TWO TEASPOONS ARE MORE EFFECTIVE THAN COUGH MEDICINE.

**KIWI** FRUIT HAVE DOUBLE THE VITAMIN C OF ORANGES, MORE FIBER THAN APPLES, AND MORE POTASSIUM THAN BANANAS. THEY HAVE NATURAL BLOOD-THINNING PROPERTIES WORK WITHOUT THE SIDE EFFECTS OF ASPIRIN AND SUPPORT VASCULAR HEALTH BY REDUCING THE FORMATION OF SPONTANEOUS BLOOD CLOTS, LOWERING LDL CHOLESTEROL, AND REDUCING BLOOD PRESSURE

**CINNAMON** HAS ANTI-BACTERIAL, ANTI-FUNGAL, AND ANTI-PARASITIC PROPERTIES AND SOOTHES ACHING AS WELL AS REGULATING BLOOD SUGAR.

**GINGER** AND GINGER TEA IS A REMEDY FOR NAUSEA.

**PEARS** contain dietary fiber in (called pectin) which flushes out the bad cholesterol that causes heart disease.



## BANANAS



BANANAS ARE HIGH IN POTASSIUM (DEPLETED IN SWEATING AND VOMITING) AND EASY TO DIGEST.

SPICY FOODS ARE NATURAL DECONGESTANTS. PASS THE TAPATIO AND CHOLULA!!

**TUNA** CONTAINS OMEGA 3 FATTY ACIDS AND HAVE BEEN IDENTIFIED AS A NATURAL TREATMENT FOR DEPRESSION.

**RAISINS**—ABOUT A GENEROUS HANDFUL—CONTAIN 1 G OF FIBER AND 212 MG OF POTASSIUM, BOTH RECOMMENDED IN THE DIETARY APPROACHES TO STOP HYPERTENSION (DASH) DIET. NUMEROUS STUDIES SHOW THAT POLYPHENOLS IN GRAPE-DERIVED FOODS SUCH AS RAISINS, WINE, AND JUICE ARE EFFECTIVE IN MAINTAINING CARDIOVASCULAR HEALTH, INCLUDING BRINGING DOWN BLOOD PRESSURE.

**BASIL** STUDIES SUGGEST THAT EUGENOL, A COMPOUND IN BASIL, CAN KEEP YOUR GUT SAFE FROM PAIN, NAUSEA, CRAMPING, OR DIARRHEA BY KILLING OFF BACTERIA SUCH AS SALMONELLA AND LISTERIA. EUGENOL EVEN HAS AN ANTISPASMODIC PROPERTY THAT CAN KEEP CRAMPS AT BAY, SAYS MILDRED MATTFELDT-BEMAN, PHD, CHAIR OF THE DEPARTMENT OF NUTRITION AND DIETETICS AT SAINT LOUIS UNIVERSITY. USE MINCED FRESH BASIL IN SAUCES OR SALADS.

**CHAMOMILE TEA** "CHAMOMILE CAN EASE DIGESTIVE INFLAMMATION, SPASMS, AND GAS," SAYS DALE BELLISFIELD, RN, A CLINICAL HERBALIST IN NEW JERSEY. STEEP 2 TEASPOONS OF THE HERB IN 10 OUNCES OF VERY HOT WATER FOR 20 MINUTES, COVERING THE CUP TO KEEP THE ESSENTIAL OILS IN THE WATER. YOU MAY HAVE TO DRINK THE TEA A FEW TIMES A DAY FOR COMPLETE RELIEF.

## CITRUS

ORANGES AND OTHER CITRUS FRUITS ARE HIGH IN FLAVANOIDS, WHICH CAN BOOST THE IMMUNE SYSTEM AND HELP THE BODY RECOVER FROM SICKNESS.



IN THE LAST 40 YEARS,  
THE U.S. HAS LOST  
800,000 FARMERS AND  
RANCHERS, OR OVER  
63% OF OUR FARMS. AND  
OUR HEALTH SHOWS IT!  
GET TO KNOW YOUR  
LOCAL ORGANIC FARMER!

**"I WILL BE OFFERING  
TWO CLASSES"**

IAN HOLLICK

## TRAINING WITH IAN HOLLICK

The weight room can seem like an intimidating place for some. This is because they are unfamiliar with the equipment and what it's used for and what it does.

Some use the gym as a place to do cardio and others a place for lifting weights. Whatever it is used for, perhaps it is best to look at the gym as a big playroom for adults, a big jungle gym.

The gym we have here on campus is great because it gives us an opportunity to work the entire body. Additionally, it is important to know what type of shape you're trying to get into and to know the big muscle groups of the body: the front and back of your legs are among the larger muscles of your body, the back and chest muscles would follow, with shoulders biceps, triceps and calves being in the latter group of the large muscle groups. Through weightlifting one can increase the size their muscles and decrease the amount of fat in their body.

There are a lot more smaller muscles located all throughout the body, but if one was to focus on just these muscle groups, with all the variety of exercises one can do, one could inadvertently exercise the smaller muscle groups as well.

Different sources online will say that a pound of fat equals between 2,843 and 3,752 calories, whether through eating less or through exercise. Others claim that by having extra muscle in your body your body can actually burn more calories while at rest. The claim is that for every pound of fat the resting metabolic rate is less than what it is for a pound of muscle.

Knowing the different exercises for each part of the body is important when thinking about what you want to exercise. One could enter a gym and jump from machine to machine and that's a great start (always assuming proper form) or one could enter with a plan and do specific exercises for a set number of repetitions.

Different exercises can be found online and we will try and get some diagrams up in the gym of different techniques for work in different parts of the body.

I will be offering two classes on different ways to work out different muscle groups as well as answer any questions about what the different machines in the gym do. Look for the sign up sheet on the day board.

See you down the hill.  
-Ian Hollick

Reminder: Yoga classes are now offered  
on:  
Tuesday's 2:30-3:30  
&  
Thursday's 2:00-3:00

Pick up Basketball and Soccer Games on  
Friday's and Saturday's  
Check the Day Board as times vary

MIND  
BODY &  
SPIRIT  
FITNESS

NEVER QUIT.  
YOU STUMBLE  $\frac{1}{2}$  BACK UP.  
WHAT HAPPENED YESTERDAY NO LONGER MATTERS.  
TODAY'S ANOTHER DAY  
SO get back on track and MOVE CLOSER  
TO YOUR dreams & goals. YOU CAN DO IT.

## Come out and support our GOLDEN EAGLES

The next two games are **Saturday, Feb. 21<sup>st</sup> @ 10:30 am** here at St. John's Seminary (They will play a vocational group organized by Fr. Steve Davoren and Fr. Sam Ward). The second game is **Saturday, Feb. 28<sup>th</sup> @ 10:30 am** here at St. John's Seminary (We will play Christ Cathedral Champions from the Orange Diocese's Basketball League).



## NAME THE NEWSLETTER RESULTS

Thank you for the submissions. There were many great names suggested:

- Chewing the Fat
- Heart and Soul
- The Joy Connection
- Cornucopia
- Table of Plenty
- Healthy Journey
- Momento - The Present, The Now
- Wholesome News
- In Peak Condition
- Hale n Hearty
- Three Squares
- From Soups to Nuts
- Pious Platters
- The Food Digest
- To Your Health

The most submitted idea was..... to leave the name **Body, Mind and Spirit**. You spoke, we listened. However since there were so many great suggestions submitted, we are going to use as many as possible to name news columns in the newsletter.

With that said, we would like to introduce our latest news column:



**Chewing The Fat** will be dedicated to your restaurant reviews. Do you have a special place that you recommend?

Received great service? Place that offers discounts to students. Share your stories, the good, the bad and the ugly with the community. Send your submissions to:

[ihagan@stjohnsem.edu](mailto:ihagan@stjohnsem.edu)

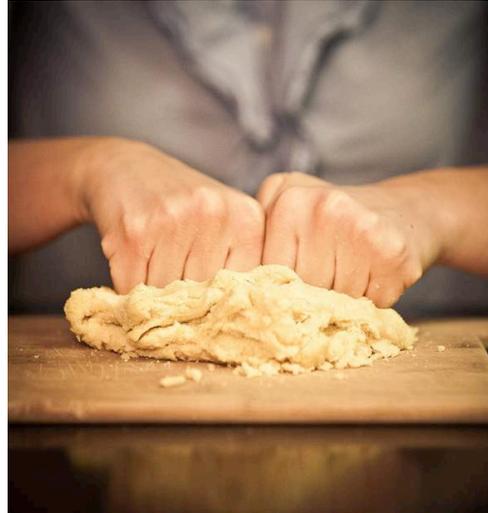


### Lenten Soup Suggestions

Do you have a favorite vegetarian soup suggestion for the chef during our Lenten fast? Submit ideas and or suggestions to Ian and we will gladly review the collective suggestions with our chef.

Submit suggestions by Feb 22<sup>nd</sup> to [ihagan@stjohnsem.edu](mailto:ihagan@stjohnsem.edu)

"The beauty of simplicity"  
Pasta and Sauce making class with  
Michael Mesa  
Feb 28<sup>th</sup> – 3:00 pm Student Kitchen  
Sign up on the day board by Feb 20<sup>th</sup>



Learn how to make homemade fresh spaghetti with a simple tomato basil sauce – This is Michael's favorite pasta and only 5 ingredients -- perfect for no meat on Friday or any day actually

"THE ART OF BREAD MAKING"  
Bread Making 101  
with Daniel Seo  
Tuesdays Feb. 24, and March 17th from 1-2 PM in the Student Kitchen. Daniel will be prepping the dough on these Tuesdays.



The baking of the bread will take place during lunch on those following Wednesdays. Look for the sign up sheet on the day board.



Are you interested in joining the Student Nutrition Committee? Let us know, send your interest to Ian Hagan:

[ihagan@stjohnsem.edu](mailto:ihagan@stjohnsem.edu)

Please also send us all your comments and suggestions