

Food Feature: Bamboo Shoots

We often think of pandas as gentle giants, but did you know that they actually consume as much protein as most other carnivorous animals? Young bamboo shoots can comprise nearly 30% protein, and play an important role in the panda's diet! These herbivores

Food Feature: Sweet Potatoes

Contrary to what their name might suggest, sweet potatoes are actually an edible root in the morning glory family, and unrelated to true potato tubers. Immediately recognisable by their vibrant orange flesh, sweet potatoes come in a dazzling array of col

Cruciferous Superheroes

While this newsletter focuses on holistic diets covering a range of plant-based food groups, we want to call out a superstar food group – the cruciferous vegetables! Native to temperate East Asia, these vegetables can be found around the world; Broccoli,

Gut Health: We are only as good as our gut

When we use the term Gut Health, we refer to the wellness of the entire digestive system aka the GI (gastrointestinal) tract that comprises several organs including the mouth, oesophagus, stomach, small & large intestines and the rectum and organs like th

Tubers: Nature's answer to affordable energy

When we think of tubers like potatoes, sweet potatoes, yam, cassava, Taro etc. their similarity to grains hardly strikes us, yet tubers and grains are the main source of inexpensive energy in the plant kingdom.

Mushrooms: a humble culinary wonder

The humble mushroom has been prized for centuries; the Greeks believed it imbued strength in warriors, the Chinese treasured mushrooms as a source of vitality and the Romans believed it to be the "food of the gods". There are over 2,000 species of mushroom

Fiber: A Gut Health Essential

The journey of our gut begins in our mouths through our stomach and intestines, and also involves organs like the pancreas and liver. Through it all, there are more than 100 trillions living microorganisms, and more than 500 different strains of bacterial

Fiber: An unsung hero, our gut bacteria loves!

Dietary Fiber is actually a complex carbohydrate and can be thought of as a macronutrient along with carbohydrates, protein, fat and water. The only big difference is, it is not absorbed by the body. Typically, our body converts 100% of the carbs from the

Fasting and its health benefits

You've probably heard the hype; fasting is the new secret to weight loss. While there is credible science, it's not a quick fix nor guarantee. Neither is there one sure-fire method to

doing it right. However, the benefits are plenty; delayed onset of Type

Maximising the goodness of fruit juices

There's no doubt that fruits are essential for overall wellness, so wouldn't it naturally mean that drinking them would be just as beneficial? And the anecdotal evidence of juice cleanses sounds compelling; glowing skin, weight loss, lowered inflammation,