



## EATING HEALTHY



Evelyn Cang-Franklyn



Eating is a need, eating healthy is a science. The Centre for Disease Control (CDC) from the United States, confirmed

that the habit of healthy eating can improve your health in many ways: boost immunity, supports muscles and strengthens bones, help the digestive system function, and maintain a healthy weight. Also, a good diet can lower the risk of heart disease, diabetes, and some types of cancer.

As we try to eat healthily, there are four steps to achieve this goal that I want to share with you:

1. **Eat your greens.** Eat as many vegetables as you can. Fruits and vegetables are the best sources of fiber, vitamins, minerals, and antioxidants that protect us from many health issues and prevent the worst illnesses like cancer. The recommendation is to eat 5 servings of fruits and vegetables per day, here's how to achieve those portions: Choose a rainbow of colors when it comes to fruits and vegetables, like mango, pineapple, banana, jackfruit, eggplant, or green vegetables like lettuce, broccoli, okra, and spinach. Add a handful of vegetables to rice dishes, soups, and stews.

2. **Choose your carbs.** Usually, our diet has plenty of refined carbs that increase the risk of diabetes and hypertension. To take advantage of the benefits of carbs, choose to eat more whole grain foods. Consider eating brown rice, wild rice, basmati rice, or quinoa all of which are high in fiber and ultimately help to keep your digestive system working well. Reduce the portion

size of processed carbs: chips, white bread, fries, pasta, etc.

3. **Good fats.** To balance the level of sugar in our body, we should include a good source of fats. We can eat different kinds of nuts, avocado, olive oil, peanuts. These ingredients will improve the development of our mind as they provide good fats and vitamins like E that also help our skin and nails.

4. **Eat sufficient protein.** Even if you eat animal protein or a plant-based diet, it is important to include a good source of protein. It can be veggie meat, beans, lentils, chickpeas, etc.

Here are some tips that you can follow:

- a. Use beans in stews to replace some (or all) of the meat (animal protein).
- b. Add seeds to your stews and soups.
- c. Cut off any visible excess fat and skin from meat before cooking.
- d. Grill or roast your proteins instead of frying.

Finally, limit the intake of foods that are high in fat, sugar, and salt. These are linked to the increased risk of certain diseases such as diabetes, stroke, and heart disease, all of which are prevalent among the black and Caribbean communities.

To reduce consumption of these types of foods, follow the tips below:

- Use fresh herbs and spices instead of salted seasonings.
- Make your seasoning rather than using ready-made seasonings, which are usually very high in salt and Monosodium glutamate (MSG). Once you follow these four steps, you'll have a nutritious meal that improves your health and cover all the nutrients that your body needs.

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*This article was written by Mrs. Evelyn Cang-Franklyn, Nutritionist.*

References:

- <https://www.citydietitians.co.uk/>
- <https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html>



### FROM THE EDITOR

Are you interested in writing the lead article for the Logos? Please send an email to [Isturrup@sbcadventist.org.bs](mailto:Isturrup@sbcadventist.org.bs)



### CALENDAR OF EVENTS

#### JANUARY 2022

- 1 Day of Prayer and Fasting/Baptism Sabbath/ Joint Prayer Meeting
- 1 Conference-wide Baptism
- 1 SYL Online Certification
- 2 – 14 Local Strategy Operationalized in SBC for Mega Campaign
- 3 New Year's Day Holiday
- 4 CONFERENCE OFFICE REOPENS
- 4 WORKER'S MEETING
- 5 – 15 Ten Days of Prayer
- 9 C.H.A.M Council Meeting
- 10 Let's Move to Live (Launch)
- 16 Women Consecrated for Service
- 13 Year-end Audit Meeting
- 15 Footprints of Jesus Virtual Campaign
- 19 Departments and Coordinators Meeting
- 20 Executive Committee Meeting (8:30 a.m. – 5:00 p.m.)
- 23 AHPA & Health Ministries Reconsecration

\*\* January 15 – February 2022 (booked for the Footprints of Jesus Virtual Campaign with Evangelist Glen O. Samuels) \*\*

#### FEBRUARY 2022

- 6 Joint Prayer Meeting
- 15 One Hundred Days of Baptism Begins
- 19 1st Quarter Youth Day Local Church
- 19 C.H.A.M Leaders Consecration Service
- 19 Baptism Sabbath/End of Evangelistic Series
- 20 – 26 Christian Home and Marriage

- Week  
25 – 27 SBC Drive Thru Masterguide  
Camporee  
26 Spirit of Prophecy Emphasis  
26 Park & Preach (Joint AY)  
Investitures & Youth  
Consecration  
27 Health and Hope Promotes  
Certification Level 2 Training  
28 8 Weeks to Wellness Begins  
26 Adventist Men & Boys Day of  
Prayer



**HAPPENING THIS WEEKEND**  
**Saturday January 22, 2022** - The Footprints of Hope, Walking with Jesus Evangelistic series with international Evangelist, Glen O. Samuels of Jamaica continues. This week, churches within the South Bahamas Conference will broadcast the Sabbath and nightly services from their various social media pages and also in-person for its members and guests. You can also watch the services from the comfort of your home on the **YouTube channel of the South Bahamas Conference nightly at 6:30p.m (except Thursdays) | Sabbath mornings at 10:30a.m. WATCH, LIKE, SHARE, SUBSCRIBE to get notification of LIVE feeds.**  
[www.youtube.com/southbahamasconferen](http://www.youtube.com/southbahamasconferen).

Nightly services at churches or on church platforms within our Conference will generally begin at 7:00p.m and Sabbath services at 11a.m EST.

A rebroadcast of the sermons from the services are being aired on ATV658 and WORD SBC 88.3FM at 11:00a.m. and 8:00p.m.

- Communications Department.



**BAHAMAS ACADEMY  
CUSTODIAN JOB OPENING**

Bahamas Academy is seeking the services of a Custodian. The successful candidate must be mature, able to use landscaping tools and familiar with basic carpentry, painting and plumbing skills. At least 5 years' experience would be an asset. Interested persons may submit applications to:

[aburrows@sbcadventist.org.bs](mailto:aburrows@sbcadventist.org.bs)

Application should be received by January 31, 2022. – Mr. Anthony Burrows, Education Director.

**CHILDREN & ADOLESCENT  
MINISTRIES DEPARTMENT /  
C.H.A.M**

A council meeting will be held for all C.H.A.M leaders on Sunday January 30, 2022 at 10:00a.m – 11:00a.m (on Zoom). New and returning leaders are asked to attend. –Mrs. Lavern Sturup, Children & Adolescent Ministries Director.



**HEALTH MINISTRIES  
DEPARTMENT**

**8 Weeks to Wellness Coaches Needed**

All persons interested in being a coach for the upcoming 8 Weeks to Wellness 2022 Programme via Zoom platform please contact Nathelyn LaCroix at WhatsApp 826-8486 Or email: [lifestylecounsellor64@gmail.com](mailto:lifestylecounsellor64@gmail.com).

**SAVE THE DATE**

8 Weeks to Wellness 2022 is scheduled to begin on February 28, 2022, virtually.

**National Health Insurance**

We are encouraging all of the members of the South Bahamas Conference to enroll in the National Health Insurance (NHI) plan. This is a free service which will cover your doctor's visits and lab work. Whether you have private health insurance or not please consider joining NHI.

Here's the link:

<https://www.nhibahamas.gov.bs/registrationform/>.

**Adventist Health Professionals and  
Health Ministries  
Reconsecration Service**

A reconsecration service under the theme, 'Sharing & Promoting Health... I Will Go' is scheduled for Sunday, January 23 at 9:30 a.m via Zoom for all Adventist Health Professionals, Health Leaders, those with a passion for the health and the wider church family.

Guest speaker: Dr. Stephanie Hutchinson

Zoom link: ID 919 3671 7248

Passcode: 270757

Join us and be blessed.

–Mrs. Nathelyn LaCroix, Health Director.

**HEALTH TIP  
Spiritual Health**

During this time of year when many of us make new year's resolutions, we may pause to consider the condition of our spiritual health. Now is the perfect time for

us to renew our commitment to be more fervent in prayer for ourselves and each other. A praying church is a thriving church. Let us commit or recommit our lives to have a personal relationship with our Savior. Remember the words of 3 John 2 - "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

– Mrs. Jorgette Bain, A.H.P.A.



**WOMEN'S MINISTRIES  
DEPARTMENT**

**Devotional Update**

Ladies, the additional devotionals are here!

You may purchase your copy from the ABNC.

Please also note that all sale proceeds will be used for Women's Ministries Community Outreach Programs in 2022.

**Remember to Pause & Pray with us  
virtually each Wednesday at noon.**

If you have any questions, comments or suggestions or need additional information on any of our initiatives, kindly email us at [SBCwomensministries@sbcadventist.org.bs](mailto:SBCwomensministries@sbcadventist.org.bs)

--Mrs. Jacqueline Gibson, Women's Ministries Director.



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By Tuesday at 3:00p.m.

Visit the Conference website:  
<http://southbahamasconference.org>  
for the Logos publication archives & the  
ATV658 NEWS, as well as weekly  
programming.



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**CALL 341-4021  
SUN SETS NEXT SABBATH  
January 29, 2022 @ 5:52p.m.**

