theEATschool Newsletter - April 2022

Proposed Title(s):

This Easter, We're Filling our Basket with Tasty Vegan Treats

Celebrating Easter this Year Vegan-Style

Happy Easter, everyone!

This month's newsletter will discuss National Minority Health Month, explain the relationship between minorities and diet-related disparities, and provide a delicious recipe to celebrate Easter. In addition, we're announcing some exciting updates coming soon to theEATschool!

National Minority Health Month (NMHM)

April is recognized by the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) as National Minority Health Month (NMHM). NMHM's goal is to showcase individuals and organizations working to reduce health disparities and improve the health of minorities from different racial and ethnic backgrounds. This year's theme is Give Your Community a Boost (**#BoostYourCommunity**), which focuses on the importance of the COVID-19 vaccination, as the virus disproportionately affects racial and ethnic minorities. In addition, NMHM supports community efforts across the nation that are advancing health equity.

To celebrate NMHM, theEATschool highlights health disparities amongst minority populations in America and how plant-based diets may reduce adverse health outcomes for these communities.

In the United States, many racial and ethnic minorities face higher rates of chronic disease and other health conditions due to many factors surrounding socioeconomic status, genetics, and many others. Here are a few statistics regarding the state of health among minority populations in the United States:

- Minorities are 1.5 to 2 times more likely than their white counterparts to be diagnosed with a chronic disease.
- African Americans experience higher incidence rates and worsened health outcomes for common chronic diseases.
- Older adults who identify as African American, Asian American, or Hispanic American are twice as likely to report severe depressive symptoms than non-Hispanic whites.
- In 2018, African Americans were twice as likely as whites to die from diabetes-related complications.

Most chronic conditions arise from poor dietary habits and physical inactivity, common health behaviors amongst specific minority populations. These health behaviors lead many minorities to face diet-related disparities, defined as "differences in dietary intake, dietary behaviors, and dietary patterns in different segments of the population, resulting in poorer dietary quality and inferior health outcomes…" (Satia, J.A., 2010). Diet-related disparities can impact a person's

physical and mental outcomes, which leads to a higher incidence of morbidity and mortality in minority populations.

Fortunately, studies have shown that minorities can improve their health outcomes by adopting a plant-based diet. For example, one study revealed that plant-based diets could lower the risk of atherosclerotic cardiovascular disease (ASCVD) amongst African Americans. Another study showed that Hispanic Americans who adopted a plant-based diet could lower their BMIs (Body Mass Index), which can reduce obesity-related complications, such as diabetes or cardiovascular disease. These studies indicate that a plant-based diet can benefit racial and ethnic minorities facing diet-related disparities.

Ready to make the next move in your plant-based journey? Sign up for a 1:1 coaching call with Genny or join our group coaching program relaunching this June!

Sources:

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Peanut Butter & Chocolate Cups Recipe

Need a healthy treat to celebrate Easter? Check out this tasty vegan recipe that will impress family and friends on Easter Sunday!

Ingredients:

10 oz bag | semi-sweet dairy-free chocolate chips
2 tbsp | virgin coconut oil
¼ tsp | sea salt
¼ tsp | vanilla extract

¾ cups | natural peanut butter (chilled)
¼ | maple syrup
¼ tsp | sea salt
1 tbsp | coconut palm sugar

Instructions:

1) Add 2 tablespoons of virgin coconut oil to a saucepan on low heat.
2) Add a bag of chocolate chips to the saucepan. Stir on low heat for 5 minutes or until melted.
3) Add and stir in sea salt and vanilla extract to the melted chocolate.
4) Line a 12-cup muffin pan with muffin liners.
5) Pour 2 teaspoons of the chocolate mixture into each liner. Gently tap the pan to flatten the mixture.
6) Place muffin pan in the freezer for 10 to 15 minutes, or until the chocolate sets.
7) While the chocolate mixture is hardening, begin making the peanut butter mixture.
8) Add ¾ cup of chilled peanut butter to a mixing bowl
9) Add in maple syrup, sea salt, and coconut palm sugar. Stir the mixture together with a fork.
10) Remove the muffin pan with chocolate mixture from the freezer. Place peanut butter mixture on the top of each chocolate layer. Flatten the peanut butter mixture in the center.
11) Pour the remaining chocolate mixture over the top of each muffin cup, ensuring that the peanut butter later is fully covered.
12) Place in the freezer for 15 to 20 minutes or until the mixture hardens.
13) Store peanut butter cups in the freezer or fridge.

Check out our recipe blog to discover more easy and delicious recipes!

Source: https://buildyourbite.com/vegan-chocolate-butter-cups/

Program Updates

theEATschool has many exciting updates to announce this month! Stay tuned for more exciting news in the upcoming months!

- We're relaunching theEATschool program in June, which will be full of new changes you won't want to miss!
- theEATschool is currently getting a brand update. So be on the lookout for a brand new website coming soon!

Make sure you stay in the loop by reading the newsletter each month!