



Healthy Digestion, Healthy Body

Digestion
Tips from



*California
Prunes*

www.sunsweet.co.uk/www.sunsweet.ie



Dear reader,

Not all people have a perfectly healthy digestive system.


More people than you think have problems with regular bowel movement, and some even suffer from chronic constipation.

Foods containing a high amount of fibre encourage natural bowel movement. This also includes Californian prunes and prune juice. And the right combination of exercise and relaxation can also help too.

Here we talk to you about the importance of a varied diet, with homely but delicious meals. Apart from simple tips for everyday life, you will find a few appetizing snacks for creative cooking in this brochure. Take the opportunity now to do yourself some good and read on.

Yours in good health,
Sunsweet® prunes





Make prunes an integral part of your everyday eating habits. This is easier than you think, because prunes are very versatile and ideal for creative cooking! They are delicious in muesli or porridge, as a sweetening ingredient in desserts, yoghurt, milk shakes and smoothies. When they are finely pureed, they can even replace sugar in biscuits and cakes.

Variety in the Kitchen

What many people don't know is that with their juicy sweet taste, prunes also go well with hearty meals: they round off the aroma of meat dishes and lend a fruity flavour to vegetables and salads. Try out our recipes on <https://www.sunsweet.co.uk/recipes> or create your own ideas.

Digestion is (Not) Child's Play



If we don't have any problems with our digestion, we pay as little attention to it as we do to our heartbeat. Many people take it for granted that they have a normal bowel function. But here "normal" is a flexible concept, and ranges from three times a day to three times a week.

But for many people digestion is anything but child's play. They feel constipated, because although they "have to go" to the toilet, they can only sometimes completely empty their bowels, or can only do so with great effort. They also feel bloated, with bellyaches and flatulence. If such discomforts last for more than three months, doctors define this as chronic constipation or obstipation.





What Causes This?

According to the NHS, around 4 in 10 people have at least one digestive symptom at any one time.

There are many reasons for constipation at any life stage. For example, children sometimes don't want to stop playing and suppress the urge to go to the toilet. Hormones can play a role for women; this is particularly evident during pregnancy or the menopause. Older people often drink too little fluids; however using laxatives can also throw their digestion off balance.

In many cases this is caused by an imbalanced diet, too little exercise as well as stress and general busyness. Digestion is more vulnerable than many believe. It is just as much influenced by what we eat as by our overall lifestyle.

The good thing is: there are many approaches we can adopt to boost our health and wellbeing. And we can once again do ourselves some good every day and with every meal we eat.

Dietary fibers are necessary, because they pass undigested into the colon, bind water there and act as a host for useful intestinal bacteria.

All this accelerates and eases digestion and keeps bowels healthy and moving. The NHS (National Health Service) therefore recommends that adults should consume 30 grams of dietary fiber per day.

What does that mean for everyday life?

It's best to eat three portions of vegetables a day, and also legumes, such as beans or lentils, as well as two portions of fruit. Apart from this, you can also eat noodles, rice and wholemeal bread. And don't forget to drink enough liquids: at least 1.5 to 2 liters per day.



Dietary Fibers are the key to Success

However it's easier said than done.

In reality, many people find it difficult to drink that much water per day, and their fluids intake remains well below the recommended amount.

Prunes for Digestion



100 grams of prunes – that’s about 10 to 12 pieces – contain 7 grams of dietary fibers. Hence, every individual prune helps close the deficiency gap. Furthermore, prunes contain sorbitol. That is a partly digestible sugar with a slight laxative effect.

Today there are scientific studies which prove the benefit of prunes. In addition, nutrition experts also recommend prunes for a normal bowel function: 100 grams per day is best, together with varied and balanced food, drinking plenty of liquid and lots of exercise.



Eat Consciously and Enjoy Your Food

The way we eat ultimately also has an impact on our digestion. If we wolf down our lunch under time pressure, it lies heavy in the stomach. If we watch television at the same time or check out our smartphone, we don't notice what we are eating and when we are sated.

The more consciously you eat, the better you recognize the signals from your body: hunger, feeling sated and appetite. You will enjoy your food and your digestion will be happy too!

Even if you initially find it difficult because time is tight and there are plenty of distractions, try to do the following: **take time for regular meals, eat slowly and chewing thoroughly, enjoy with all your senses and listen to your body.**





Get off Your Sofa...

A life full of exercise literally gets your bowels moving and optimizes your metabolism. Sport is ideal, but it's not everything: a walk after eating, using the stairs instead of the elevator, gardening and housework, playing with the children – there are so many opportunities for an active lifestyle! Light gymnastics and stomach muscle exercises also encourage bowel movements. Find out what you enjoy and what is healthy for you – and keep doing it.



... Sit Down on Your Sofa

An important physical contrast is relaxation. There is often too little of this in our fast-paced society. You should therefore treat yourself to more downtime: gentle yoga or breathing exercises have a direct positive impact on digestion. Sometimes a comfortable cup of tea to the background of your favorite music is sufficient to reduce stress.



NUTRITIONAL INFORMATION

PER PORTION:

CALORIES: 235 kcal /983 kJ

PROTEIN: 3,2 g

FAT: 14,2 g

CARBOHYDRATES: 23,0 g



Mangetout Salad

▷ To blanch the mangetout, add 1 tsp of salt to 1.5 litres of water and bring to the boil. In the meantime, wash the mangetout and then add to the boiling water. Bring to a rolling boil and cook for 1 minute without a lid, then remove with a slotted spoon. Place in a bowl of cold water to cool quickly and then drain in a colander.

▷ Combine lime juice, honey, 1 tsp salt, cayenne pepper and sesame oil in a salad bowl. Cut the prunes into quarters. Wash the cucumber and slice thinly. Mix prunes, cucumber and mangetout with the salad dressing, cover and leave to stand for 10 minutes.

▷ In the meantime, toast the sesame seeds in a pan over a medium heat until golden and transfer to a plate to cool down. Wash the coriander, shake it dry, remove the leaves and chop.

▷ Divide the salad into portions and scatter the sesame seeds and coriander over it.



ca. 25 Minutes

350 g mangetout

Salt

1.5l water

6 tbsp lime juice

1 tsp honey

A pinch of cayenne pepper

6 tbsp toasted sesame oil

100 g Sunsweet® prunes

1 cucumber

2 tbsp white hulled sesame seeds

1 small bunch of coriander



Spaghetti Carbonara

- ▶ Peel and finely chop onions. Peel garlic and dice. Cut prunes into small cubes. Finely chop the parsley. Cut ham into cubes.
- ▶ Mix together cream cheese with 100 ml of water, eggs, Parmesan cheese, salt and pepper. Cook spaghetti according to package directions.
- ▶ Heat oil in a pan, and sauté garlic and onions until translucent. Add ham and prunes and sauté for 1 minute. Add stock and cooked pasta. Add the cream cheese mixture, stir vigorously and simmer for 2 minutes.
- ▶ Serve the pasta with fresh parsley and Parmesan cheese.



ca. 15 Minutes

2 onions
2 cloves of garlic
100 g Sunsweet® prunes
1 bunch of flat-leaf parsley
100 g lean ham
150 g low fat cream cheese
100 ml water
2 eggs
50 g Parmesan cheese, grated
350 g spaghetti
2 tbsp. olive oil
200 ml vegetable stock
Salt & pepper



**NUTRITIONAL INFORMATION
PER PORTION:**

CALORIES: 579 kcal / 2425 kJ

PROTEIN: 28 g

FAT: 14 g

CARBOHYDRATES: 77 g



**NUTRITIONAL INFORMATION
PER PORTION:**

CALORIES: 106 kcal / 445 kJ

PROTEIN: 1 g

FAT: 6 g

CARBOHYDRATES: 12 g





Healthy Anzac Cookies

- ▷ Preheat the oven to 180C, (350F), Gas mark 4. Line two large baking sheets with parchment paper.
- ▷ Place the flour in a large bowl with the sugar, oats, coconut and prunes.
- ▷ Put the butter or coconut oil or macadamia oil in a small pan with the golden syrup or honey and vanilla extract and warm through over a gentle heat, stirring to combine.
- ▷ Mix the bicarbonate of soda with the warm water in a small bowl to dissolve. Stir it into the butter or oil mixture and mix well until it foams up a little in the pan. Remove from the heat and mix into the dry ingredients. Mix well to combine.
- ▷ Spoon tablespoons of the biscuit dough onto the lined baking sheets, about 2.5cm apart to allow room for spreading. Bake for 6-8 minutes, until crisp and golden. Leave on the baking sheets for 5 minutes, then transfer to a wire rack and allow to cool completely. Store in an airtight tin for up to one week and use as required.

24



30-35 Minutes

100g plain flour
100g light muscovado sugar
75g porridge oats
75g desiccated coconut
**100g Sunsweet® prunes,
finely chopped**
**100g butter or cold pressed coconut
oil or macadamia oil**
1 tbsp golden syrup or honey
½ tsp vanilla extract
1 tsp bicarbonate of soda
2 tbsp warm water

Asian Meatballs with Chutney

- ▷ For the chutney, peel the mango and roughly chop the flesh. Place in a high-sided container.
- ▷ Wash the coriander, shake it dry and pluck the leaves from the stalks. Add 1 tbsp of coriander leaves, 1 tbsp of chilli powder, salt and pepper to the mango pieces and blend. Season the chutney with chilli and coriander.
- ▷ For the meatballs, peel the ginger and cut into rough chunks, peel the garlic and cut in half. Take the lemon grass and cut off the woody lower third of the stalks. Carve into the stalks lengthwise, remove the outer hard leaves and cut the stalks into slices. Cut the prunes into halves. Wash the coriander, shake it dry and remove the leaves from the stalks.
- ▷ Place the ginger, garlic, lemon grass, prunes, coriander, sesame oil and chilli sauce in a mixer and blend together.
- ▷ Add the blended mixture and the sesame seeds to the minced beef and knead together. Form the mince mixture into 24 balls.
- ▷ Heat the peanut oil in a frying pan. Fry the balls until browned all over, reduce the heat and continue frying for about 5 minutes until cooked through.
- ▷ Serve the chutney with the Asian meatballs.



25 Minutes

FOR THE MANGO AND CORIANDER CHUTNEY:

- 1 ripe mango**
- 1-2 stalks of fresh coriander**
- 1-2 tbsp chilli powder**
- salt and pepper to taste**

FOR THE MEATBALLS:

- 60 g fresh ginger**
- 2 garlic cloves**
- 2 stalks of lemon grass**
- 150 g Sunsweet® prunes**
- 3 stalks of fresh coriander**
- 2 tbsp toasted sesame oil**
- 1 tbsp hot chilli sauce**
- 2 tbsp hulled sesame seeds**
- 400 g minced beef**
- 4 tbsp peanut oil**

NUTRITIONAL INFORMATION
PER PORTION:

CALORIES: 100 kcal / 420 kJ

PROTEIN: 4 g

FAT: 7 g

CARBOHYDRATES: 4 g





***NUTRITIONAL INFORMATION
PER PORTION:***

CALORIES 124 kcal / 519 kJ

PROTEIN 2,4 g

FAT 8,4 g

CARBOHYDRATES 9,6 g

Prune Pops

▷ Knead the marzipan, almonds, 30 g of the walnuts, half the pistachios, orange liqueur and orange zest in a mixing bowl. Divide the mixture into 24 portions (8 g each) and form into balls.

▷ With your fingers, carefully prise the prunes open a little in the middle. Press the orange and marzipan balls into the hollow of each prune so that about half of each ball is enclosed in the prunes. Place the balls on a plate with the marzipan side upwards.

▷ Coarsely chop the couverture chocolate. Melt approx. 40 g of the chocolate according to package instructions. Dip the sticks one after the other about 1.5 deep into the chocolate and then insert into the stuffed prunes in the marzipan-filled side so that the sticks point upwards. Allow to stand for about 30 minutes until the chocolate is set and the sticks are firmly anchored in the balls.

▷ Melt the remaining couverture chocolate as before. Coat the prunes one after the other with melted chocolate and insert them, stick downwards, into a high container filled with sugar. As soon as the chocolate starts to set, sprinkle the lollipops with the remaining pistachios and walnuts. Garnish with orange zest. Allow to set completely and serve.



**80 Minutes plus 30 minutes
to allow to set**

100 g marzipan paste

50 g toasted and ground almonds

40-50 g chopped walnuts

25 g chopped green pistachios

1 tbsp orange liqueur

Grated zest of ½ organic orange

24 Sunsweet® prunes

200-300 g dark or milk couverture chocolate

ALSO:

24 lollipop sticks

A high jar filled with sugar

Zest from the remaining ½ orange





CONTACT:

Humdinger Foods Ltd.

Gothenburg Way | Sutton Fields Industrial Estate
Kingston upon Hull | HU7 OYG, UK
T: +44 (0)1482 625 790

GemPack Foods

Damastown Industrial Park
Dublin 15 | Rep. of Ireland
T: +353 01 811 9466

   **#feelgoodfruit**

For more information on prunes and recipe ideas please go to
www.sunsweet.co.uk/www.sunsweet.ie

*California
Prunes*

