



EATSOME NEWSLETTER



NHS

**Cornwall and
Isles of Scilly**

February – April 2009

Here is your Eatsome newsletter which we hope will give you some tips around healthy eating with some fun activities:

The Growing Patch



JOBS TO BE DONE IN THE GARDEN

Plan a crop rotation system for your vegetable plot, to ensure that the same crops are not grown in the same beds year after year. This helps to prevent disease build up.

Cultivate and prepare seedbeds, covering them with clear polythene, cloches or fleece to warm up the soil before sowing.

Finish any major digging and weeding if you have not done so already. Try to avoid digging in wet weather, but if gardening on top of wet soil, work from a plank of wood, to avoid treading on the bed and compacting the soil or snow!!!!.

From mid-February onwards sow greenhouse-grown tomatoes and cucumbers. Use a heated propagator or warm room at 21°C (70°F) to encourage germination, and then keep them potted on at a lower temperature of 15-18°C (60-65°F).

If you have light (sandy) soil you can sow broad beans, carrots, parsnips, early beetroot, bulb onions, lettuces, radish, peas, spinach and summer cabbage outside under cloches, in soil that has been covered for a few weeks to pre-warm it. If the weather in your area has been very cold, then wait until late February. If you have heavy (clay) soil, it is best to wait until March. Seeds can always be sown in pots or modules, under cover, if you are eager to get started.

Peas can be sown in the greenhouse in old (but clean) guttering that has had drainage holes drilled in the bottom. Starting them under cover gives them a head start. When the seedlings are ready for planting out, the whole row can be gently pushed out of the guttering, into a ready prepared drill in the vegetable garden.

If you are very keen, you could prepare your runner bean supports and trenches for sowing (in May) or planting out (in June). This will save you time later.

Happy Pottering

WHAT'S HAPPENING IN THE REST OF CORNWALL?

Please send us details of what you are doing so that we can add these details to our newsletter or website.

Tremough students eat right without breaking the bank

Students at the Tremough Campus, Penryn, are learning how to eat more healthily as a new scheme is launched to encourage students to cook nutritious, affordable meals. The project has been set up by the University of Exeter and University College Falmouth, who share and jointly manage the Tremough Campus, and is being run by Eatsome, a healthy eating programme, which is part of the NHS Cornwall and Isles of Scilly.

Eatsome are leading the weekly cooking sessions for up to eight students. Students attend two sessions and are taken through the basics of kitchen hygiene and nutrition, before learning how to cook low cost, healthy meals from scratch such as country fresh soup, mixed bean chilli and orchard fruit crumble. All recipes are made from affordable ingredients which are also being sold in the Campus shop, and students are provided with free recipe cards for each dish they cook.

Paul Robinson, Director of Support Services for the Tremough Campus, said "Many of our students are living away from home for the first time and may not have even the most basic cooking skills. We've already had 70 students register to take part in the scheme, so we hope they will all agree that it's possible to eat healthy, tasty food on a tight budget. We're committed to providing healthy food on Campus and are pleased to be complementing this with this new scheme."

First-year University of Exeter Law student Ravi Fernandes Pilaipakam Thatai has recently completed the Eatsome course. Ravi says: "Since taking the course, I have only had one ready meal. The course has inspired me to cook more as it allows more discretion over what I consume. It was a great experience. I have learnt new recipes, had fun and have since eaten more healthily for less money."

Amy Bromfield, Eatsome Community Worker, said: "We are very pleased to be working in partnership with the Universities; the fantastic response from the students confirms that they are keen to learn new cooking skills, which they will continue to use in everyday life both while at university and in their future lives."

To ensure students have the opportunity to be more active as well as eating more healthily, the Campus is also increasing the number of classes available in its sports centre. It now offers up to seven different classes a day, ranging from yoga and pilates to street dance and spinning. The sports centre is available to members of the local community, as well as staff and students.

Ditch the chip pan

Eatsome are happy to support the fire brigade in their bid to banish the chip pans from Cornish homes.

Not only will this campaign reduce the risk of house fires but by cooking with alternatives to deep fat frying will reduce levels of saturated fat being eaten and therefore be a healthier option.

Suggested alternatives to deep fried chips are home made oven chips, potato wedges or baked potatoes. Try using sweet potatoes for a change.

Handy Information

FAT –

Most people know that we should be cutting down on fat. But did you know it's even more important to try to replace the saturated fat we eat with unsaturated fat?

It's important to have some fat in our diet because fat helps the body absorb some vitamins, it's a good source of energy and a source of the essential fatty acids that the body can't make itself.

But having a lot of fat makes it easy to have more energy than we need, which means we might be more likely to put on weight. So if you want to eat healthily and keep a healthy weight, look out for lower fat alternatives wherever possible and try to eat fatty foods only occasionally.

Although it's important to try to eat less fat, we also need to think about the types of fat we are eating.

We should be cutting down on food that is high in saturated fat or trans fats or replacing these foods with ones that are high in unsaturated fat instead. We should also be having more omega 3 fatty acids, which are found in oily fish.

Saturated fats

Having too much saturated fat can increase the amount of cholesterol in the blood, which increases the chance of developing heart disease.

These are all high in saturated fat:

- meat products, meat pies, sausages
- hard cheese
- butter and lard
- pastry
- cakes and biscuits
- cream, soured cream and crème fraîche
- coconut oil, coconut cream or palm oil

Trans fats

Trans fats have a similar effect on blood cholesterol to saturated fats – they raise the type of cholesterol in the blood that increases the risk of heart disease.

Most people in the UK don't eat large amounts of trans fats. On average we have about half the recommended maximum. Most people eat a lot more saturated fats than trans fats.

Trans fats can be formed when liquid vegetable oils are turned into solid fats through the process of hydrogenation. In the UK, the use of hydrogenated vegetable oils has been reduced over

the past few years and this has helped reduce the amount of trans fats in many foods.

Foods containing hydrogenated vegetable oil, which must be listed in the ingredients list on the label, might also contain trans fats. But trans fats don't need to be labelled separately under European law.

Trans fats may be found in these types of foods:

- biscuits and cakes
- fast food
- pastry
- some margarines

These sorts of food are usually high in saturated fat, sugar and salt so if you are trying to eat a healthy diet, you should try to keep these to a minimum.

Trans fats are also found naturally at very low levels in foods such as dairy products, beef and lamb.

Unsaturated fats

Unsaturated fats can be a healthy choice. These types of fats can actually reduce cholesterol levels and provide us with the essential fatty acids that the body needs. They include the unsaturated fats found in oily fish, which may help prevent heart disease.

These are all high in unsaturated fat:

- oily fish
- avocados
- nuts and seeds
- sunflower, rapeseed and olive oil and spreads
- vegetable oils

If you want to make a healthy choice, try to have more unsaturated fats and less saturated fats, this means you could choose:

- oily fish instead of sausages or a meat pie
- use unsaturated oils such as olive, sunflower or rapeseed oils instead of butter, lard and ghee in cooking
- snack on some unsalted nuts instead of a biscuit

- make your mashed potato with olive oil and garlic instead of butter and milk for a change
- choose a fat spread that is high in unsaturates instead of butter

What's high in fat and what's low?

If you want to cut down on fat, you can compare the labels of different food products and choose those with less fat and less saturated fat.

You will see figures for the fat content on many food labels and some foods will also give figures for saturated fat, or 'saturates'.

Total fat - what's high and what's low?

High is more than 20g fat per 100g
Low is 3g fat or less per 100g

Saturated fat - what's high and what's low?

High is more than 5g saturates per 100g
Low is 1.5g saturates or less per 100g

Remember that the amount you eat of a particular food affects how much fat you will get from it.

Tips for cutting down

Here are some practical suggestions to help you cut down on fat, especially saturated fat:

- Choose lean cuts of meat and trim off any visible fat.
- Grill, bake, poach or steam rather than frying and roasting so you don't need to add any extra fat.
- If you do choose something high in fat such as a meat pie, pick something low fat to go with it to make the meal lower in fat – for example you could have a baked potato instead of chips.
- When you're choosing a ready meal or buying another food product, compare the labels so you can pick those with less total fat or less saturated fat.

- Put some extra vegetables, beans or lentils in your casseroles and stews and a bit less meat.
- Measure oil for cooking with tablespoons rather than pouring it straight from a container.
- Have pies with only one crust rather than two – either a lid or a base – because pastry is very high in fat.
- When you're making sandwiches, if you're using a moist filling you might not need to use any butter or spread. When you do use fat spread, go for a reduced-fat variety and choose one that is soft straight from the fridge so it's easier to spread thinly.
- Choose lower fat versions of dairy foods whenever you can, such as semi-skimmed or skimmed milk, reduced-fat yoghurt, lower fat cheeses or very strong tasting cheese so you don't need to use as much.
- Instead of cream or soured cream try using yoghurt or fromage frais in recipes.

Omega 3 fatty acids

Oily fish is the best source of omega 3 fatty acids. These fatty acids have been shown to help protect against coronary heart disease.

INTERACTIVE SECTION

QUIZ

- 1 A deficiency of calcium in your diet can lead to which illness in later life?
 - A** Calcification
 - B** Osteoporosis
 - C** Gout
- 2 How many times a week should you eat fish, according to experts?
 - A** Twice
 - B** Every Day
 - C** Once
- 3 Potatoes, cereals, bread and pasta contain high amounts of...?
 - A** Vitamins
 - B** Minerals
 - C** Carbohydrates
- 4 Tomatoes are a good source of which healthy nutrient
 - A** Lactose
 - B** Lycopene
 - C** Liposuction
- 5 What does BMI stand for?
 - A** Body Muscle Indicator
 - B** Body Mass Index
 - C** Bad Meal Index
- 6 True or false: you can get all the fruit and vegetables you need in a day by drinking juice?
 - A** True
 - B** Only if I drink different types of juice
 - C** False

Coming up!

Get Cooking Training

This two-day course is for both those working with community or voluntary groups and community members. The course is designed to assist those running or planning to run cooking sessions with their groups in the theory and practicalities of running a successful and healthy cookery club.

Dates of future courses:

23 rd & 24 th April 2009	Liskerrett Centre, Liskeard
18 th & 19 th June 2009	Health Promotion, Pool
20 th & 21 st August 2009	Liskerrett Centre, Liskeard
15 th & 16 th October 2009	Health Promotion, Pool
3 rd & 4 th December 2009	Liskerrett Centre, Liskeard
4 th & 5 th February 2010	Health Promotion, Pool

COST: £30 (£20 for day one and £10 for day two) – to contribute towards the cost of lunch, a resource pack and the exam paper - *if your organisation is not able to pay, please contact us to discuss this further.*

TIME: 09.30-16.30

Please go to our website to book your place or call 01209 313 419

Eatsome Key Message Training

If you are not interested in delivering practical cooking sessions, this half day course is designed to help you promote healthy eating messages to your client group. There is no charge.

19th March 2009	Liskeard Hospital, Liskeard
17 th September 2009	Health Promotion, Pool

Bite Size Grants

Closing dates for 2009 are: 3rd April 2009 & 2nd October 2009

Groups can apply for funding of up to £300. Application forms are available on our website or by contacting us.

Valentine Recipes

A romantic 3 course menu for two to tempt your loved one!

Starter : Roasted Butternut Squash & Goats Cheese Salad

½ a butternut squash, peeled, deseeded and chopped into chunks
1 small clove garlic, peeled and finely chopped
few sprigs rosemary
black pepper
1 tbsp olive oil
50g wild rocket
50g goats cheese log, roughly sliced
1 tbsp chopped walnuts

Dressing – 2tbsp olive oil, 1tbsp balsamic vinegar, 1/2tbsp clear honey, 1/2tbsp soy sauce, small clove garlic crushed

Preheat oven to 200 degrees C

Toss squash, garlic and rosemary together, pour over oil, season with pepper and roast for 25 minutes

Whisk together dressing ingredients.

Arrange rocket on plates, scatter over squash and cheese, pour over dressing and scatter walnuts on top.

Main Course : Charred Tuna with Green Lentil Salad

425g can green lentils
2 plum tomatoes, finely chopped
50g mixed peppers cut into strips
1 chilli, seeded and finely chopped
1 salad onion, sliced
2 tbsp soy sauce
1 tbsp white wine vinegar
1 tbsp chopped mixed fresh herbs
2 x 150g fresh tuna steaks
2tsp olive oil
salt and pepper
fresh basil leaves to garnish

Warm the lentils in a pan and drain. Add tomatoes, peppers, chilli and salad onion. Then add soy sauce, vinegar and fresh herbs. Season and mix well.

Heat cast iron griddle or frying pan until hot. Season tuna steaks and brush with oil. Grill for 2-3 minutes on each side depending on thickness.

Place a mound of lentil salad in the middle of each plate, arrange a tuna steak on top of the salad with a garnish of fresh basil leaves.

pudding : Trim Tiramisu

40g caster sugar

250g tub Quark (semi-skimmed milk soft cheese)

2.5 tbsp semi-skimmed milk

vanilla pod, split and seeds scraped out (or use few drops vanilla essence)

3 tbsp strong black coffee

50g sponge fingers snapped in half

50g mixed blueberries and raspberries

25g dark chocolate, grated

Beat together sugar, Quark, milk and vanilla.

Dip half the biscuits into the coffee mixture and arrange in the base of individual desert glasses. Scatter over half the soft fruit and spoon over half the creamy mixture. Sprinkle over half the grated chocolate. Repeat all over again to use up all the ingredients, starting with the sponge fingers and finishing with a sprinkling of grated chocolate. Chill for at least 30 minutes before serving.

ANSWERS TO QUIZ

- 1 Osteoporosis** - A systemic skeletal disease that is characterised by low bone mass that leads to bones becoming more fragile, increasing the probability of fractures.
- 2 Twice** - one portion of which should be oily fish. You can choose from fresh, frozen or canned but remember that canned and smoked fish can be high in salt. Examples of oily fish are salmon, mackerel, trout, sardines.
- 3 Carbohydrates** - These are an ideal source of energy for the body.
- 4 Lycopene** - A powerful antioxidant abundant in red tomatoes and processed tomato products, may help prevent prostate cancer and some other forms of cancer, heart disease, and other serious diseases.
- 5 Body Mass Index** – Is a statistical measurement which compares a person's weight and height. Though it does not actually measure the percentage of body fat, it is a useful tool to estimate a healthy body weight based on how tall a person is.
- 6 No** - pure juice can count towards only one portion of your 5 A Day.