

EATSOME NEWSLETTER



Cornwall and Isles of Scilly 
Primary Care Trust



Welcome to the first Eatsome newsletter which we hope will give you some tips around healthy eating with some fun activities:

The Growing Patch

Grow your own salad leaves



Step 1

Fill your container (which should have at least 6 inches of space for soil and a drainage hole) with some compost to within 1 inch of the rim and then water it in.

Step 2

Sprinkle the seeds as thinly and evenly as possible and then gently press the seeds into the damp soil and then cover the seeds with a very light layer of compost (about 1/8 inch). Water them in with a gentle stream of water.

Step 3

Put your container a spot that gets at least 4 hours of sun a day and is convenient for you to get to so that you water it regularly. Keep the soil evenly moist. Remember that pots dry out much more quickly than garden soil, so you may need to water a couple of times a day if the weather is hot or your container gets a lot of sun.

Step 4

Harvest the leaves when they are ready, simply cut them off with scissors, leaving about a 1 inch stub. The greens will re-grow in just a few weeks and you can get two to three harvests from one sowing.

Step 5

Wash the leaves and use in your favourite recipe or try the recipe on the last page.

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.

Helston & Lizard Peninsula Children's Centre

The aim is to encourage parents/carers to cook or prepare a healthy dish or snack with their children, encouraging them to allow their children to make healthy choices. The children are able to prepare the food items as much as they are capable with adult support where appropriate or necessary.

The food project started in May 2008, working with adults and children, making things such as Fruit Kebabs, Spaghetti Bolognese, Gruffalo Crumble, Snazzy Sandwiches and Funky Face Pizzas for example!

John Willoughby who runs the sessions said the best part of the project is seeing what the children produce at the end, children are able to make healthy choices, and Parents have the opportunity to help their child to cook in a safe, stimulating environment where they have time to encourage their child.

Children are learning & developing new skills, learning about different types of foods & get a chance to try new foods and learn about where they come from. Although it can be sometimes be hard to get the parents to take a slight step back and allow the children to 'make their own', Parents learn new ways of preparing certain foods, so may encourage children to eat food they wouldn't normally like e.g. fruit, by making it more exciting.

These sessions are run by parent consultation, if the parents want/need the sessions, then Helston & Lizard Peninsula Children's Centre will bring it to their area, anyone who is involved in the life of a child is invited along. They are currently running in various venues over 4 week periods.

John added 'thank you so much for your funding and support for our projects, it has made it so much easier to run our groups and made them more successful. Can't wait to get on your Get Cooking Training in December to get more unique ideas to try out in our groups.

If you would like more information, please contact John on 01326 564016 or 07527 470360 or email at jwilloughby@cornwall.gov.uk

Cooking up Success

Emma Wooderson, Learning Coordinator from Cornwall Neighbourhoods for Change works all over Cornwall delivering Entry 3 to Level 1 NOCN cooking courses doing 60 hour courses for level 1 and 30 for entry 3. They address the cooking to the needs of the group, whether cooking for the community on fun days or a beginner in cooking. These are qualification courses and can mix and match criteria's to create a specific qualification.

The groups make anything from smoothies through to roast dinners, with everything in between – promoting a healthier direction as possible. Emma says the best part of the food project is creating the fantastic food, of course! The course has been running for 3 years for adults 16 + and is open to the public. They work with any groups or individuals who are either employed or not with no charge.

Emma added, if you are looking to gain a qualification, we can deliver, we can also add the food hygiene certificate to the course. If you would like more details please contact Emma Wooderson, Learning Coordinator, 01209 721 521/519 or email ewooderson@cn4c.org.uk

Handy Information

SALT - Adults should eat no more than 6g of salt per day

6g of salt is about a teaspoonful. This is not a large amount, especially when you consider that 75% of the salt we eat is already in the food we buy. It would be very difficult to calculate exactly how much salt you eat in a day, because you would need to know the salt content of each food and measure the exact quantities you eat. It is useful to know the recommended maximum of 6g, because if you find out the amount of salt in a few of the foods you normally eat, then you'll see how easy it can be to eat more than 6g.

One of the easiest ways to cut down on salt is to compare foods and choose those that are lower in salt whenever you can. Salt is often listed as sodium on food labels.

Salt = sodium x 2.5

If you know how much sodium is in a food, you can work out roughly the amount of salt it contains by multiplying the sodium by 2.5. So if a portion of food contains 1.2g sodium then it contains about 3g salt.

Babies and children

Babies and children under 11 years old should have less salt than adults, because they are smaller.

How much salt should babies have?

Babies need only a very small amount of salt - less than 1g a day up to 12 months. Their kidneys can't cope with larger amounts of salt.

Babies who are breastfed will get the right amount of salt through breast milk. Infant formula contains a similar amount. Remember not to add salt to food you make for your baby or give to him or her. And be careful not to give him/her foods that aren't made specifically for babies,

such as breakfast cereals and pasta sauces, because these can be high in salt.

How much salt should children have?

The daily recommended maximum for children depends on their age:

- 1 to 3 years - 2 g salt a day (0.8g sodium)
- 4 to 6 years - 3g salt a day (1.2g sodium)
- 7 to 10 years - 5g salt a day (2g sodium)
- 11 and over - 6g salt a day (2.4g sodium)

These are the recommended maximums for children. It is better for them to have less.

When you're buying foods, even those aimed at children, remember to check the information given on the labels so you can choose those with less salt.

Remember there is no need to add salt to your child's food.

If children have too much salt, this could affect their health in the future. And it could also give them a taste for salty food, which means they're more likely to continue eating too much salt when they grow up.

Salt tips

There are lots of simple ways to reduce the amount of salt you eat, whether you're cooking, eating out or choosing food at the shops. Take a look at our salt tips to see what you can do.

- Check the label to help you choose healthier breakfast cereals. Try puffed wheat, wheat biscuits or muesli with no added salt.
- Go for reduced-salt back bacon in your bacon sandwich. And try adding some slices of tomato instead of ketchup.

- When you're buying bread, compare the amount of salt in different types and choose the lower one.
- Try having just a small amount of smoked foods such as smoked meat and fish, or eat them less often, because these can be high in salt.
- Go for tinned veg and pulses without added salt.
- Snack on fruit, plain popcorn or unsalted nuts and seeds, instead of crisps or crackers.
- If you're choosing a ready meal or a ready-made pasta sauce, compare different types and choose the one that is lower in salt.
- Go easy with ketchup, soy sauce, mustard, pickles and mayonnaise - these can all be high in salt.
- Try not to add salt automatically when you're cooking or about to eat. Often people only use salt out of habit.
- Try not to have salty chips too often - you could have a jacket potato instead.
- When you have a salad, ask for the dressing on the side, so you only have as much as you need. Some dressings can be high in salt, as well as fat.

Cooking

There are lots of ways to add flavour to your cooking without using any salt.

- Add fresh herbs to pasta dishes, vegetables and meat.
- Marinate meat and fish in advance to give them more flavour.
- Use garlic, ginger, chilli and lime in stir fries.
- Add red wine to stews and casseroles, and white wine to risottos and sauces for chicken.
- Make your own stock and gravy, instead of using cubes or granules, or look out for reduced-salt varieties.
- Roast vegetables such as red peppers, courgettes, fennel, parsnips and squash to bring out their flavour.
- Squeeze lemon juice onto fish or seafood.
- Try using different types of onion - brown, red, white, spring onions, shallots.
- Make sauces using ripe flavoursome tomatoes and garlic.
- Use black pepper as seasoning on pasta, scrambled egg etc instead of salt.

Eating out

If you're eating in a restaurant or café, or ordering a takeaway, you can still eat less salt by making some smart choices.

- When you order a pizza, choose vegetable or chicken toppings instead of pepperoni, bacon, or extra cheese.
- At the sandwich bar, go for fillings such as chicken salad or poached salmon, instead of ham or cheese and pickle, which are usually higher in salt.
- If you're having a Chinese or Indian meal, go for plain rice because this is lower in salt than egg-fried rice or pilau rice.

Traffic light labelling

You're standing in a supermarket aisle looking at two similar products, trying to decide which to choose. You want to make the healthier choice but, as usual, you're in a hurry. Well, help is at hand.

A growing number of supermarkets and food manufacturers are using traffic light colours on the labels of some products to help you make your choice.

What do the traffic light colours mean?

If we want to eat a healthy diet, one of the key things we should be doing is trying to cut down on fat (especially saturated fat), salt and added sugars.

Food products with traffic light labels on the front of the pack show you at-a-glance if the food you are thinking about buying has high, medium or low amounts of fat, saturated fat, sugars and salt, helping you get a better balance.

In addition to traffic light colours you will also see the number of grams of fat, saturated fat, sugars and salt in what the manufacturer or retailer suggests as a 'serving' of the food.

So, if you see a red light on the front of the pack, you know the food is high in something we should be trying to cut down on. It's fine to have the food occasionally, or as a treat, but try to keep an eye on how often you choose these foods, or try eating them in smaller amounts.

If you see amber, you know the food isn't high or low in the nutrient, so this is an OK choice most of the time, but you might want to go for green for that nutrient some of the time.

Green means the food is low in that nutrient. The more green lights, the healthier the choice.

Many of the foods with traffic light

colours that you see in the shops will have a mixture of red, amber and greens. So, when you're choosing between similar products, try to go for more greens and ambers, and fewer reds, if you want to make the healthier choice.

The traffic light colours will make it easier for you to compare products at-a-glance. The label also tells you how much of each nutrient is in a portion, so if two labels have similar colours you can compare these figures, and choose the one that is lower to make a healthier choice.

But remember, it's all about getting the overall balance of our diet right.

National Food News

For information on what's happening nationally around food go to www.swpho.nhs.uk/ and click on *food and health update*.

This is a monthly update which has information on various food topics. The last two months have included the following articles:

- Food and nutrient-based standards for school lunches in secondary schools
- The role of portion sizes in our diet
- Food funding to enhance quality of life
- Dietary survey of infants and young children
- 2008 School Food Regulations laid before Parliament
- Healthy packed lunch resource
- Free Healthy Eating resource

The Caroline Walker Trust is holding a conference in London on the 25th November on Public Health Nutrition. www.cwt.org.uk/events

Interactive Section

Multiple Choice Quiz

1.. Cheese is a good source of which nutrient?

- a. Calcium b. Vitamin C c. Iron d. Fibre

2.. How many portions of fruit and vegetables should we all eat every day?

- a. 0 b. 2 c. 3 d. 5 or more

3..What 'K' do we do when making bread?

- a. Knuckle b. Knead c. Kneel d. Knaw

4.. What is a calzone?

- a. A type of pasta b. A drink c. A folded pizza d. An oven

5. Red meat is a good source of which nutrient?

- a. Vitamin C b. Folate c. Carbohydrate d. Iron

6. At least how many portions of fish should we aim to eat every week?

- a. 2 b. 5 c. 7 d. 10

7. The main food poisoning bacteria salmonella is sometimes present in?

- a. Grapes b. Raw chicken c. Butter d. Cheese

8 . What is the correct temperature for a fridge?

- a. -20°C b. -4°C c. 0-5°C d. 5-10°C

9.. Why are potato wedges a healthier choice compared to thin chips?

- a. They contain more fat b. They contain less salt c. The taste better d. They contain less fat

10. Which vitamin is provided by raw peppers, radishes and oranges?

- a. Vitamin C b. Vitamin E c. Vitamin A d. Vitamin B

answers on final page

One third of the food we buy in the UK ends up being thrown away!

Have a look at www.lovefoodhatewaste.com. This website has some fab tips and ideas on shopping, storage and recipes using leftovers.

Summer Salad Recipe

Ingredients

1 lettuce or mixed leaves
2 eggs
1 cup broad beans
3 salad onions, chopped
2 tomatoes, sliced

2 tbsp olive oil
1 tbsp white wine vinegar
½ tsp mustard
¼ tsp curry powder
1 tbsp yoghurt
1 tsp honey
paprika, salt and pepper

Method

Put the eggs and beans into a pan of boiling water.

Boil the beans for 3 minutes until soft, then take out and run under cold water.

Leave the eggs in for a further 2 minutes.

Meanwhile, wash the salad and vegetables.

Take the eggs out and peel them, then run under cold water. When cool, slice.

Make the dressing by mixing the mustard, seasoning and honey in a bowl. Then add the vinegar and oil. Finally add the yoghurt.

Add all the salad items to the dressing in the bowl. Mix and serve!

Coming Up!

Get Cooking Training Dates:

2nd & 3rd October 2008 – Cosgarne Hall, St Austell

4th & 5th Decmeber 2008– HPS, Pool

5th and 6th February 2009 – TBC, Bodmin

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. There is a £10 per day charge for this course

Eatsome Key Message Training Dates:

31st October 2008 – HPS, Pool

7th January 2009 – Sedgemoor, St Austell

19th March 2009 - TBC

This half day course is for those working with community and voluntary groups, clients and individuals. The course is designed to help you promote healthy eating messages to your client group

Answers to Multiple Choice Quiz

1. Calcium, which is needed for healthy bones and teeth. (Calcium is found in dairy foods, green leafy veg and the small bones found in fish such as sardines).
2. 5 or more portions. It is recommended that everyone aim to eat at least 5 portions of fruit and vegetables daily. All fresh, frozen, dried and canned fruits and vegetables are included within this food group. In addition pure fruit and vegetable juices are included but can count only as one portion per day. The more different types of fruit and vegetables you include in your diet the better!
3. Knead
4. A folded pizza
5. Iron is a pigment of red blood cells which carry oxygen around the body.
6. At least 2 portions per week, these can be fresh, frozen or canned. One of these portions should be an oily fish such as salmon, mackerel or fresh tuna (canned tuna doesn't count as an oily fish because the canning process reduces the levels of beneficial oils).
7. Raw chicken. Salmonella is the second most-common cause of food poisoning after campylobacter. It has been found in unpasteurised milk, eggs and raw egg products, meat and poultry. It can survive if food is not cooked properly.
8. 0-5°C. Keep a fridge thermometer in the coldest part of the fridge and check the temperature regularly.
9. They contain less fat. The thicker the chips the better, as they absorb less fat.
10. Vitamin C, which helps protect cells and keeps them healthy and helps the body absorb iron.

Taken from the FSA Wales Get Cooking Pack