



EATSOME NEWSLETTER

Cornwall and
Isles of Scilly



Primary Care Trust



November – January

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

The Growing Patch

Winter Jobs



Cauliflowers can be harvested, or left in situ with the leaves snapped and folded down over the curds to protect them.

Lift and store root crops such as carrots, beetroot, turnips and swedes.

Parsnips can be left in the ground until needed, or lifted and then buried in a shallow trench for easy access when needed. They taste better when frosted. Make sure to mark the trench.

Celeriac can also be left in the ground for a bit, but do protect them from the cold with a thick mulch of straw, bracken, or other suitable material.

If you have Brussels sprouts ready for harvesting, pick the largest sprouts from the bottom of the stalk first.

Sow over wintering broad beans outside or under cloches where the soil is well drained, or in pots in an unheated greenhouse. Harvests should be marginally earlier than the first spring sowings.

Plant garlic cloves in modules inside a cold frame, or outdoors in mild areas in its final position (free-draining soils and low rainfall areas only).

Clean and store bamboo canes in the shed or other dry place to ensure they're still in good condition for next year.

Dig over, incorporating well-rotted organic matter if available and weed vacant areas of the vegetable plot. Once they are fully wetted by winter rain, cover them with thick black polythene or other opaque covering, and leave them until next season, when they will be easy to prepare for planting and sowing.

Tips from the RHS Website: <http://www.rhs.org.uk/vegetables/calendar>

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.

After specifically requesting the Food Fit for Families course, a local school employed one of their Learning Mentors to target and recruit families. Anna (*names have been changed) came to the first session as the result of this and admitted that she may not have had the impetus to have attended without such encouragement.

In the first session, although Anna discussed some of her 'issues' with food and explained about her daughter Jessica's dietary problems in a frank and open manner she was equally blunt in admitting that she didn't expect to make any changes to her own diet or that of her family as a result of attending the course. Despite being very self-aware and acknowledging her self-proclaimed 'unhealthy' attitude, she couldn't see how anything could begin to affect the deep seated problems she herself had with food or impact the ongoing struggle of Jessica's limited diet.

Anna returned the following week and her honest and forthright manner quickly ensured her place as an integral member of the group. Her engaging personality put other group members at ease and she was keen to not only share her own thoughts and experiences but to also listen to others. It became clear that Anna found the experience of being able to talk in a safe environment without fear of being judged a cathartic one and this had the positive effect of rubbing off on other group members.

By the third week, Anna was ecstatic to be able to share some exciting news: Jessica had tried two new foods at home since the previous session! Within the context of her family and Jessica's diet this was very significant and Anna felt sure that being involved in the group activity was having a positive effect on her daughter, as it allowed her to explore food with her peers free from the pressure she usually associated with it.

As the course progressed Anna came in each week with new pieces of news to share, from her daughter responding more positively to new foods to her own experiences of making small changes in her diet or buying something new to cook for the first time. It was clear that she felt more in control of her relationship with food and the fact that she did have the power to make small changes seemed to be something of a revelation. Jessica and Anna's other daughter, Lisa, both took immense pride in preparing the food we made in the joint sessions, with Anna learning that they could all value the experience in its own right regardless of the outcome. They often enjoyed taking the dish home to present it to Anna's husband for dinner!

At the end of the course Anna wrote on her Individual Learning Plan; "The course has made me look more closely at the lack of balance in my diet and has also resulted in Jessica being slightly more adventurous - a step in the right direction!"

In addition to enjoying the time spent with her daughters, Anna found that the things she learnt enabled her to be better informed about her diet and to value the small, everyday changes that were within her control to make. She was also incredibly proud to be proved wrong by the daughter who, as she confidently informed us all at the start of the course, only ate four food items and would definitely not be trying anything new on the course!

I feel that this case study serves to highlight the important impact Family Learning can have in empowering learners to start making small but significant changes to their lives - the impact of which will continue to be felt long after the completion of the course.

This is a case study written by Helen Bennett from Family Learning. For more information on Food Fit For Families and Family Learning, please contact Morwenna Vernon, Family Learning Development Manager on 01726 891993.

Handy Information

SUGAR –

We should all be trying to eat fewer sugary foods, such as sweets, cakes and biscuits, and drink fewer soft drinks. Most adults and children in the UK eat too much sugar.

Sugars occur naturally in food such as fruit and milk, but we don't need to cut down on these types of sugars. It is food containing added sugars that we should be cutting down on.

Sugar is added to many types of food, such as:

- fizzy drinks and juice drinks
- sweets and biscuits
- jam
- cakes, pastries and puddings
- ice cream

Food and drinks containing lots of added sugars contain calories but often have few other nutrients, so we should try to eat these types of foods only occasionally.

Sugary foods and drinks can cause tooth decay, particularly if you have them between meals. This includes fruit juice and honey.

The sugars found naturally in whole fruit are less likely to cause tooth decay because the sugars are contained within the structure of the fruit. But, when fruit is juiced or blended, the sugars are released. Once released, these sugars can damage teeth, much like added sugars, especially if fruit juice is drunk frequently.

Fruit juice is still a healthy choice, and counts as one of the five portions of fruit and vegetables we should be having every day, but it is best to drink fruit juice at mealtimes.

Cutting down on sugar

It's a good idea to try to cut down on foods and drinks that contain lots of added sugar, such as sugary fizzy drinks, sweets and some biscuits. This will help to keep our teeth healthy. Many foods that contain added sugar can also contain lots of calories so eating less of these foods may help with weight control.

If you are trying to cut down on sugar, these tips might help you cut down:

- Have fewer sugary drinks and snacks.
- Instead of sugary fizzy drinks and juice drinks, go for water or unsweetened fruit juice (remember to dilute these for children). If you like fizzy drinks then try diluting fruit juice with sparkling water.
- Instead of cakes or biscuits, try having a currant bun, scone or some malt loaf with low-fat spread.
- If you take sugar in hot drinks, or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether.
- Rather than spreading jam, marmalade, syrup, treacle or honey on your toast, try a low-fat spread, sliced banana, or low-fat cream cheese instead.

Check food labels to help you pick the foods with less added sugar or go for the low-sugar version.

- Try halving the sugar you use in your recipes. It works for most things except jam, meringues and ice cream.
- Choose tins of fruit in juice rather than syrup.
- Choose wholegrain breakfast cereals rather than those coated with sugar or honey.

Food labels

When you are checking food labels, you can use the following as a guide to work out if a food is high or low in sugar.

Nutrition panel

Look for the 'Carbohydrates (of which sugars)' figure in the nutrition information panel. The panel is usually found on the back of food packs.

High is more than 15g sugars per 100g

Low is 5g sugars or less per 100g

If the amount of sugars per 100g is in between these figures, then that is a medium level of sugars.

Remember that the amount you eat of a particular food affects the overall amount of sugars you will get from it.

The sugars figure in a nutrition panel is the amount of total sugars in the food. It includes sugars from fruit and milk as well as the sugars that have been added to the food.

So a product containing lots of fruit or milk will be a healthier choice than one that contains lots of added sugars, even if the two products contain similar amounts of total sugars.

Sometimes you will only see a figure for 'Carbohydrates', and not for 'Carbohydrates (of which sugars)'. The 'Carbohydrates' figure will also include starchy carbohydrates so you can't use it to work out if a food contains a high, medium or low amount of sugars. But you can still check the ingredients list to get a feel for whether the food is high in added sugars.

Traffic light labelling

Some foods have traffic light labels on the front of the pack. This means you can see at-a-glance if the food you're looking at has high, medium or low amounts of sugars in 100g of the food.

Red = High

Amber = Medium

Green = Low

Ingredients list

You can get a feel for whether a product is high in added sugars by looking at the ingredients list.

Added sugars must be included in the ingredients list, which always starts with the biggest ingredient first. Watch out for other words that are used to describe added sugars, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey. If you see one of these near the top of the list, you know that the product is likely to be high in added sugars.

Some foods that you might not expect to have sugar added to them can contain lots, for example some breakfast cereals and cereal bars. Other foods can be higher in added sugar than you might expect, such as tins of spaghetti or baked beans.

Keeping teeth healthy

To help keep teeth healthy, as well as brushing teeth regularly and visiting the dentist, we should cut down on added sugars. These are the sugars found in fizzy drinks, juice drinks, sweets, cakes and jam. It's best to stick to having these kinds of foods and drinks at mealtimes.

Sourced from:

<http://www.eatwell.gov.uk/>

Coming up!

Get Cooking Training

4th and 5th December 2008 – Health Promotion Service, 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.

Eatsome Key Message Training

7th January 2009 – Sedgemoor, St Austell
19th March 2009 – Liskeard Hospital, Liskeard

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

Eatsome Conference:

Eatsome are holding their annual conference in March 2009 – more details to follow!

Bite Size Grants

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

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

New Member to Eatsome!

Welcome Margaret Knight! We are very excited that Margaret will be joining our team this month as our new community worker.

Eatsome

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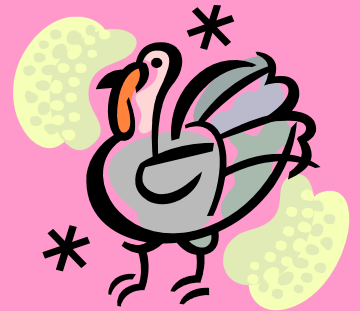
Spicy Parsnip Soup

Ingredients

2 tbsp vegetable or olive oil
1 large onion, diced
4 parsnips, peeled and cubed
2 potatoes, peeled cubed
1 tsp dried coriander or mixed herbs (optional)
1 whole chilli (chopped fine) or 1 tsp chilli powder
2 vegetable stock cubes
2 pints of water

Method

- Heat oil in pan and sauté onions, chilli and coriander.
- After a few minutes add the parsnips and potatoes for a further minute.
- Add 2 pints of water and the stock cubes. Simmer for 10-15 minutes until the parsnips and potatoes are soft.
 - Either blend or serve straight away.



Top Tips for a Slim Christmas Dinner!

Turkey is great for diets as its lower in fat and calories than many other meats. Don't smother the turkey with oil, butter, margarine or lard when you cook it. Use a pastry brush or spray to add a light covering of oil rather than pouring it over.

Use less fat to roast your potatoes and parsnips. Parboil them first, then spray or brush lightly with oil rather than pouring straight from the bottle. Then place them into a hot oven and you should have tasty, crispy roast potatoes that aren't laden in oil. Keeping them in large pieces reduces the amount of fat they absorb.

Eat lots of traditional seasonal vegetables such as Brussels sprouts, red cabbage, cauliflower, carrots and Swede. The more colours you have on your plate, the greater the variety of nutrients. Remember - don't serve them covered in butter.

Use low-fat chipolata sausages and lean back bacon to make the sausage and bacon rolls that are traditionally served with turkey

Beware of all the extras such as cranberry sauce, bread pudding and white sauce. They add calories!

If you can't resist the Christmas pudding, have just a small serving.

Finally - don't forget how many calories are in alcohol!