



“Water is the most neglected nutrient in your diet, but one of the most vital”

- Julia Child

In this month's newsletter:  
**BNF Healthy Eating Week 2022**

**Diabetes Week 2022**

**Fact & Tip of the month**



## BNF Healthy Eating Week 2022

This year is the British Nutrition Foundation's 10th Healthy Eating Week, taking place from 13th – 17th June and the message of the week is 'Eat well for you and the planet!'

Each day of the week throughout this event will have a different theme and to make it as easy as possible for everyone to get involved, we've provided you with a breakdown of how you can achieve each goal.

### Monday: Focus on fibre

Eating plenty of fibre is associated with a lower risk of heart disease, type 2 diabetes and bowel cancer.

Government guidelines published in July 2015 say our dietary fibre intake should be around 30g a day, as part of a healthy balanced diet. However, most adults are only eating around 18g a day.

So how can we increase our intake?

- Choose a higher-fibre breakfast cereal such as plain whole-wheat biscuits (like Weetabix) or porridge oats



- Opt for wholemeal breads and choose wholegrains like whole wheat pasta, bulgur wheat or brown rice

- Keep the skins on your potatoes!



- Add pulses such as beans, lentils or chickpeas to stews, curries and salads

- Include fresh fruits and vegetables with meals or as side dishes and snacks



### Tuesday: Eat at least 5 a day

We've all grown up being told that we need to eat at least 5 portions of fruit and veg each day, but a 2019 study found that a mere 27% of adults achieve this recommendation.

Your 5 a day is approximately 400g of fruit and vegetables which helps to lower the risk of serious health problems, such as heart disease, stroke and some types of cancer.

Increasing our fruit and veg intake is a very simple change to make, and we've included some suggestions on how to do this below:

- Add salad to your lunchtime sandwich



- Top your morning porridge with some berries

- Cook dinners with a high veg content such as stir fries



- Add vegetables to pasta sauces or include a side salad with your main meal

- Have a portion of fruit as a snack



To find out more about fruit and veg portion sizes to ensure you're eating the recommended amount, click [HERE](#).



## Wednesday: Vary your protein

Protein is an essential macro nutrient that we need to help the body grow and repair itself. Proteins are found in every cell of the body and are needed for many of the important functions that make our body work properly, including keeping our bones and muscles healthy throughout our lives.

Most adults need around 0.75g of protein per kilo of body weight per day (for the average woman, this is 45g, or 55g for men).

You can find protein in a wide range of foods, and these can be divided into two sources.

### Animal protein sources:



- Meat, poultry and game: beef, lamb, chicken, turkey, pork (try to choose leaner cuts of meat and lean mince. Remove the skin from poultry and trim off visible white fat on meat)



- Dairy: milk, yogurt, cheese



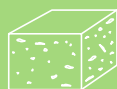
- Fish: white fish (like tilapia, coley and hake), oily fish (like salmon and sardines) and shellfish (like prawns and mussels)



- Eggs

### Plant protein sources:

- Beans
- Lentils
- Unsalted nuts including nut butters
- Unsalted seeds including seed pastes
- Tofu
- Soya



Click [HERE](#) to see the protein content in a range of animal and plant sources.

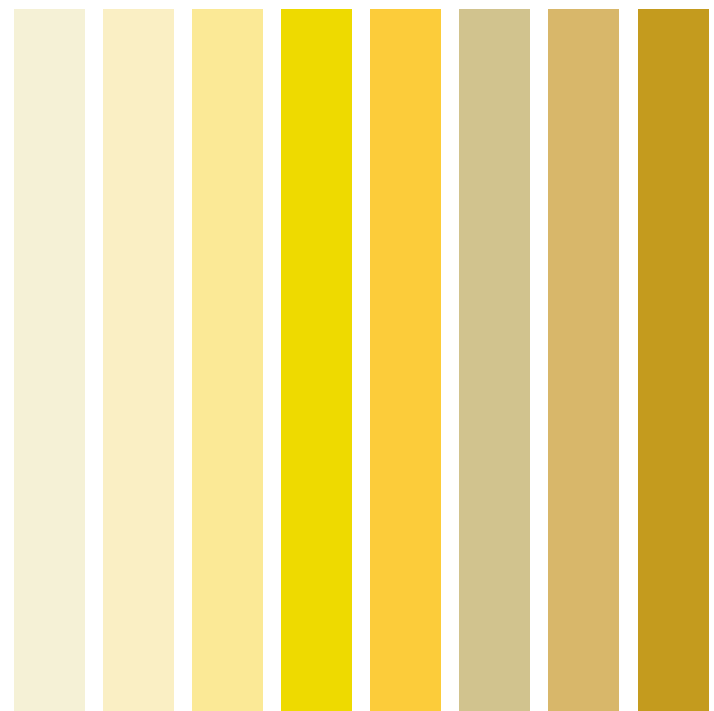
## Thursday: Stay hydrated

Water makes up over half our bodyweight and fluids are essential for good health. If we are dehydrated this can make us feel tired, cause headaches and make it difficult to concentrate.

Throughout the day our bodies lose water through our skin, when we breathe, when we go to the toilet and when we exercise and so it is important to drink regularly.

All non-alcoholic drinks, including tea and coffee, can hydrate us. However, plain water is always the better choice as it provides us with fluid without any sugar or acids that can harm the teeth.

On average, we need around 2-2.5L water per day but there is no one-size-fits-all approach. The best way to stay hydrated is to drink little and often throughout the day and make a conscious effort to check the colour of your urine every time you go to the toilet.



1 2 3 4 5 6 7 8  
Target 1-3 Dehydration 4-5 Severe dehydration 6-8

For personal ease, but also so not to negatively impact the environment, consider purchasing a reusable water bottle to drink from and refill throughout the day rather than purchasing single-use plastic bottles.



## Friday: Reduce food waste

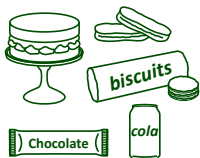
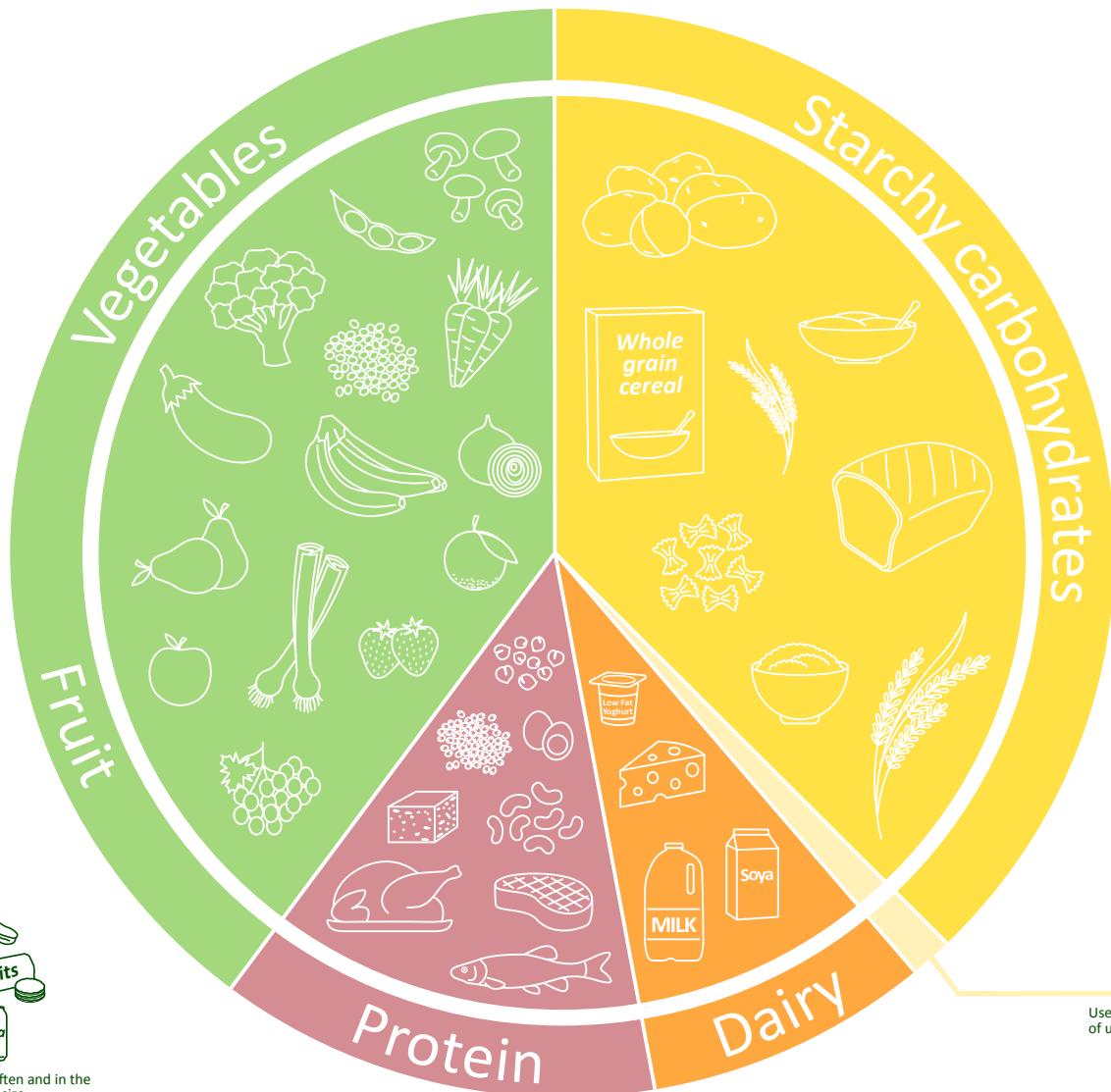
According to the BNF, food waste costs the average UK household over £60 a month and is a major contributor to climate change, accounting for as much as 10% of total greenhouse gases emissions globally. So, with the cost of living rising and planet health declining, finding ways to waste less food can be good for your pocket and the planet.

Consider creating a weekly meal plan and only purchasing the ingredients that you need to make those meals. You could even bulk cook meals such as Bolognese and chilli and freeze the remaining portions to eat at a later date.

Ensuring that you're only eating the recommended serving size can also help reduce food waste as often our eyes can be bigger than our bellies!

If you find fruit and veg beginning to turn, this can all be chopped and frozen ready to add to future meals also.

## How to Eat Well



Eat sugary foods less often and in the recommended serving size

# Diabetes Week 2022

Diabetes week is an annual event which celebrates the millions of people going through the same thing in living with type 1 diabetes.

Type 1 diabetes is a serious condition where your blood glucose (sugar) level is too high because your body can't make a hormone called insulin.

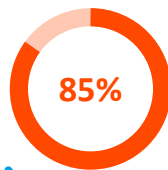
This is your

**DIABETES WEEK**

13-19 June 2022

## UK Statistics

Approximately **400,000** people are currently living with type 1 diabetes in the UK



Around 85% of people diagnosed with type 1 diabetes have no family history of the condition



The UK has one of the highest rates of type 1 diabetes in the world, for reasons that are currently unknown

**Type 1 diabetes is most commonly diagnosed between infancy and the late 30's**

**About 8% of people with diabetes in the UK have type 1 diabetes, which is a lifelong condition**

## Type 1 signs & symptoms

Having some diabetes symptoms doesn't mean you definitely have the condition, but you should always contact your GP, just to make sure

Going to the toilet a lot, especially at night

Being really

Increased hunger

thirsty

Cuts and wounds take longer to heal

Losing weight without trying to

Genital itching or thrush

Blurred eyesight




Feeling more tired than usual



## Living with type 1 diabetes

Diabetes can increase your chance of getting other health problems.

Problems will not start immediately, but constant high blood glucose levels can lead to:

 heart disease and stroke

pain and loss of feeling (nerve damage)

kidney problems  
gum disease

sight problems and blindness



foot and circulation problems



## Fact of the month

"diets" don't work. Adopting a healthy lifestyle is the only way to ensure long-term weight loss and a lifetime of improved health

## Tip of the month

Eat the rainbow. Try a variety of fruits and vegetables, especially of those of different colors, to keep things fresh and interesting