



FOOD NEWS

Headlines

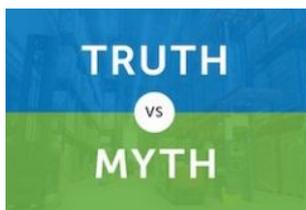
- **Truth or Myth**—Can red wine stop us aging? Go to page 2 to find out more
- **What we eat in the UK**: the national Family Food survey results are reported on page 3
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This newsletter is produced by Food News (WFFHG)

WFFTG is a multi-agency partnership offering people who use food projects to promote health, the opportunity to meet to learn from each other.

The group meets four times a year in different localities across Warwickshire. If you would like to attend a meeting, please contact the editor. Details on the back page.



Red wine can 'help fight the ageing process'

A US study suggested resveratrol, a substance found in the skin of red grapes, may help keep our muscles and nerves healthy as we get older.

Researchers gave mice food containing 400mg / kg body weight resveratrol for a year, then compared the muscle and nerve cells of those mice to cells from

mice the same age who'd had a normal diet. In the mice who'd had the resveratrol-enriched diet, they found less evidence of age-related changes.

Although red wine contains resveratrol, the amount varies widely, from around 0.2mg to 12.6mg per litre.

Good news for mice given the resveratrol, but not so good

for humans—you'd need to drink gallons of wine.

Drinking too much alcohol is a sure-fire way to speed up deterioration of thinking skills, and can cause brain damage. Too much alcohol in the long term is linked to several cancers, heart disease, stroke and liver disease.

BUT—Resveratrol occurs naturally in the skins of some red fruits, including red grapes, blueberries and mulberries and we know eating these is good for us. So make these red fruit one of your 5 a day.



South Warwickshire 
NHS Foundation Trust

Evidence And Tell-tales

Do you have questions about what healthy eating really means? For Dietitians week which takes place in June, Warwickshire Dietetic Service will answer your questions about food and eating for health.

Please write your question below & send to the dietetic department at Warwick Hospital—contact details on the last page.:

How many of us grow our own food?

More of us are growing fruit and vegetables, or keeping chickens.

In 2015, 3.8 per cent of fresh fruit and vegetables entering households came from free sources, mainly gardens

and allotments. This is up from 2.8 per cent in 2014.

In 2015, the percentage of eggs entering households which were free or home produced was 3.8 per cent.



How do we know?

In July 1940, the Ministry of Food began to collect records of food purchases and expenditure from around 1,500 “working class” households. This was the first Wartime Food Survey, subsequently extended

in scope and frequency to become the National Food Survey and eventually what we now call Family Food. Family Food is the longest running continuous household survey of its type in the world and has run for 75 years.

Each year 1500 Families record what they purchase and spend on food over 2 weeks. The data is analysed and trends compared

What else do we learn from the survey

In 2015, the % of spend on food and non-alcoholic drinks for the average UK household was 10.7 per cent, continuing the downward trend since 2012.

- Purchases of various household foods are on clear short term downward trends since 2012, including milk and cream, meat and meat products, potatoes, and bread.

- Fresh fruit are on a short term upwards trend since 2011.
- Total energy intake from all food and drink is on a long term downward trend.

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- All vitamin and mineral intakes except potassium reached at least 100 per cent of the Recommended minimum Reference Nutrient Intake, where one is set.
- The average intake of sodium is on a long term downward trend but was above the recommended maximum Reference Nutrient Intake of 2.4 grams per day in 2015, at 2.65 grams.
- Intakes of Non-Milk Extrinsic Sugars (NMES) measured as a percentage of food and drink energy (excluding alcohol), were lower in 2015 than in 2012. Intake continues to exceed recommended maximum levels.



The soft drinks industry levy (SDIL)

What's the latest on the levy?

- The Chancellor has confirmed the levy rates of 18 pence per litre and 24 pence per litre for drinks containing 5g sugar/100ml and 8g sugar/100ml respectively.
- The levy is already working. Since the measure was announced last March several major companies have accelerated their reformulation work to cut sugar ahead of introduction in April 2018. These include Tesco, Lucozade-Ribena-Suntory and AG Barr.
- HM treasury now expect more than 40% of all drinks that would otherwise have been in-scope to have been reformulated by the introduction of the levy.
- This means that the forecast revenues for the levy are low, but they will continue to fund schools with the £1 billion originally expected from the levy this Parliament – including money for schools sports, breakfast clubs and a new Healthy Pupils Capital Fund.
- The SDIL legislation will now be debated in parliament as part of the Finance Bill 2017.

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Food News

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The next Food for Health Group meeting

DATE: 15th March

TOPIC: Holiday Hunger. What can we do in Warwickshire to prevent holiday hunger this summer

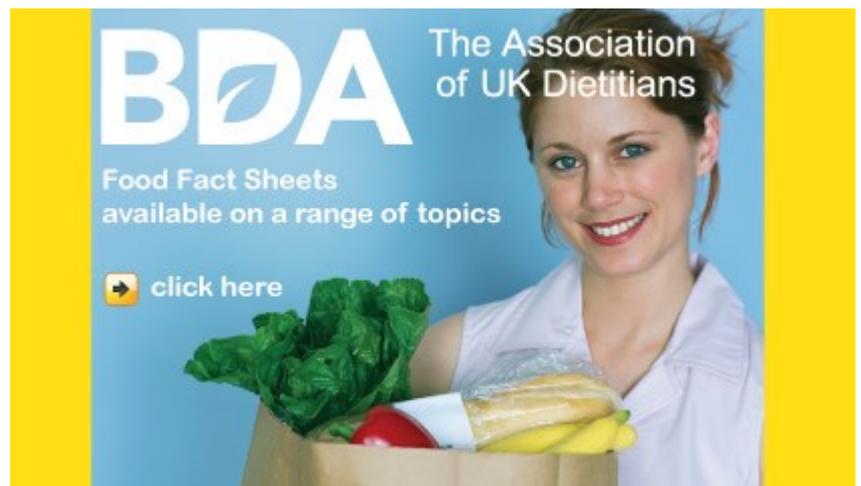
Find us on line:

<http://warwickshire.gov.uk/healthyeating>

Posters to download

The British Dietetic Association has produced 2 posters to give service users information about sugar and fibre.

There are also fact sheets on these 2 topics and many more.



Download from: <https://www.bda.uk.com/foodfacts/home>