



FOOD NEWS

Headlines

- **Truth or Myth**—This edition we investigate sugar in milk. Go to page 2 to find out more
- **Cooking pork safely** see page 2
- **Mens Health Week**: find out more about the importance of measuring your waist on page 3
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- **Ediblelinks**—Page 5 describes how schools were able to use donated breakfast cereal to provide free breakfasts prior to exams.
- **Contact us**—on page 5



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.



Dietitians week 2017— Evidence and Expertise

The week of 12th June was Dietitians week. The theme was highlighting the importance of an evidence based approach to nutrition whilst showing that dietitians are the best placed interpreters of nutrition evidence.

Dietitians, Leah and Faye from Warwick Hospital organized a quiz asking people to say if headlines were true or not.



Only 18% of the 150 entries got all five answers correct. The question the most people got wrong was “Cow’s milk contains sugar—true or false”.

TRUE

Milk from cows and other mammals contains a sugar called lactose. This is naturally occurring. This type of sugar is not harmful as it does not lead to tooth decay, unlike other sugars.

Milk and dairy products, such as cheese and yoghurt, are great sources of protein and

calcium. To make healthier choices, go for lower-fat milk and dairy products, and avoid those with added sugars.

The calcium in dairy foods is particularly good for our teeth as it helps to prevent the weakening of our enamel.

Calcium is also vital to help us build and maintain strong bones. Unsweetened, calcium-fortified dairy alternatives

like soya milks, soya yoghurts and soya cheeses also count as part of this food group and can make good alternatives to dairy products.

(British Dental Journal 2002, Scientific Advisory Committee on Nutrition 2015).

FSA advice on pork and pork products

Following media reports the FSA wanted to remind consumers of advice about cooking pork thoroughly. We always advise that whole cuts of pork, pork products and offal should be thoroughly cooked until steaming hot throughout, the meat is no longer pink and juices run clear.

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Men's Health Week 2017 ran from 12-18 June.

This year it was all about belly fat. Why? Because it's the type of fat that's bad for your health and men are more likely to have it.

Belly fat is a problem because it lurks not just beneath the surface but also gets down deep and surrounds vital organs. Regardless of your overall weight, a large amount of belly fat increases your risk of:

- Cardiovascular disease
- Insulin resistance and type 2 diabetes
- Colorectal cancer
- Sleep apnea
- Premature death from any cause
- High blood pressure

So, men need to get those tape measures out. If you have a waist measurement over 37 inches (94cm), you are at increased risk

of diabetes, heart disease, cancer, stroke and erection problems. If it's over 40 inches (102cm), you're at a considerably increased risk of all these. The measurement is not the same as your trouser size. Measure your stomach at the belly button.

<https://www.menshealthforum.org.uk/mhw> to download information and resources



**MEN'S
HEALTH
WEEK**
MEN'S HEALTH FORUM

YOU GOT A HAZARDOUS WAIST?

[menshealthforum.org.uk](https://www.menshealthforum.org.uk) • #mhw17 #hazardouswaist

Community Cancer Screening Champions - free training

Do you have a job that involves working with the public or are you a community member? Can you help us raise awareness of cancer screening programmes in your local community?

Local Public Health departments and CCGs are working with Cancer Research UK to provide a free training programme to create local Community Cancer Screening Champions across Coventry and Warwickshire.

The training is targeted at people who are not health professionals and will include information on: what cancer is, how it can be detected early, key messages to promote cancer screening programmes (breast, bowel and cervical) in the local community

This training is part of a work programme to implement the national cancer strategy across Coventry and Warwickshire. The strategy aims to help prevent cancer, promote early diagnosis, and to help people live well after they have been treated for cancer.

Location	Training dates	Time	Venue
Nuneaton	10 July 2017	9am to 12 noon	Town Hall, Coton Rd, Nuneaton CV11 5AA
Leamington Spa	11 July 2017	1.30 to 4.30pm	Brunswick Hub, 98-100 Shrubland Street, Leamington Spa CV31 3BD
Coventry	12 July 2017	9am to 12 noon	Butts Stadium: Butts Road, Coventry CV1 3GE

Booking will be on a first come, first served basis, with a maximum of 50 places available at each venue.

To book a place on any of the training events, please contact Alison.Flynn@coventryrugbyccg.nhs.uk with the following details:

Full name

Job title (if applicable)

Contact telephone number

Email address

If you have any questions please contact phadmin@warwickshire.gov.uk

Food News

Editor: Ruth Breese
Community Dietitian
Warwick Hospital, Lakin Road
Warwick, CV34 5BW

Phone: 01926 495321 x4258
E-mail: ruth.breese@swft.nhs.uk



The next Food for Health Group meeting

DATE: 14th September, Atherstone Memorial hall

TOPIC: tbc

Find us on line:

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

Free healthy breakfast cereal for Warwickshire schools



Ediblelinks (previously North Warwickshire food bank) had surplus supplies of breakfast cereals. After sending out an invitation to schools to apply for this surplus, they were able to donate a total of 550 boxes of healthy cereals to schools across Warwickshire to provide a free breakfast during exam periods.

4 in Warwick and Alcester

1 in Rugby

1 in North Warwickshire

1 in Nuneaton

1 in Bedworth

If you run a school breakfast club or community café and want to know more about Ediblelinks, please contact Sonya Johnson (South Warwickshire NHS Foundation Trust)

sonya.johnson@nhs.net