



# FOOD NEWS

## Headlines

- **Truth or Myth**—This edition we investigate carbohydrate and weight gain. Go to page 2 to find out more
- **Hydrate**—links to 2 resources promoting good hydration on page 2
- **Heartbeat Award**: on page 3 discover how an Atherstone café has won an award through excellence in food safety practices and providing healthy choices
- **Changemaker success** — Page 4. Find out how the Changemaker programme helped a family improve their health and wellbeing.
- **Picnic guide** — on page 5 find some tips from the Food Standards Agency on having a safe picnic this summer.
- **Contact us**—on page 6
- **Nudging**—find out the results of a study to see if students could be nudged towards drinking water—page 6



## 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.



## Eating carbohydrates leads to excessive weight gain

Here is another article from Dietitians week 2017. Leah Cox and Faye Turner, investigated the evidence supporting the theory that eating carbohydrates leads to excessive weight gain.



Carbohydrates are such a broad category and people need to know that not all carbohydrates are the same and it is the type, quality and quantity of carbohydrate in our diet that is important. The idea that diets higher in total carbohydrate causes weight gain is not

supported by evidence from randomized control trials. While we should reduce the amount of sugar in our diet, particularly added sugars, we should base our meals on starchy carbohydrates, particularly the less processed wholegrain varieties. There is strong evidence that fibre,

found in wholegrain versions of starchy carbohydrate for example, is good for our heart health (Scientific Advisory Committee on Nutrition 2015, British Dietetic Association 2015).

### Hydrate

As it promises to be a hot summer, here are 2 links to resources promoting hydration.

**Hydration matters**—an updated leaflet from SWFT: [www.swft.nhs.uk](http://www.swft.nhs.uk). Look under “our-services”, “adult-hospital-services”, “dietetics”, “patient information leaflets”. It is under healthy eating.

**Fluid**—a fact sheet for the public promoting healthy fluid:

[www.bda.uk.com/](http://www.bda.uk.com/). Go to food facts and click on the Fluid pdf



## Dee's Tasty Bites gets award

**D**ee's Tasty Bites has been awarded a Heartbeat Award by North Warwickshire Borough Council.

Dee Farmer told us about the changes she has made.

"I have set about & replaced frying from my options (unless requested). As a replacement we have

introduced poached, scrambled or boiled, all meats are oven, griddle or slow cooked, no added fat or salt are added to anything on my menu.

1 Cal is used to cook omelettes & mushrooms, which has been acknowledged by my customers during my first 12 months of business. The comments & feed back has been positive, with

further supporting evidence from local slimming world & weight watcher attendees & diabetics.

You will appreciate my current menu has been refined to my customers needs, however my standards are clear. I'm looking to offer a valued diet , a cafe that cares, with quality of service to restaurant standards."

*The dietitians report said "a good application with lots of healthy choices"*



Dees Tasty Bites is at 57 Long St,  
Atherstone CV9 1AZ

You'll also find them on Facebook

## Promoting healthy lifestyles



**G**eorgia Barrett from Changemakers has sent us a case study to show how the Changemaker programme helps families

### Background information

The parent was sceptical about their child trying to implement something new into their busy daily routine. The parent felt **embarrassed by their own weight gain** but the first Change Maker session motivated them to address the issue. They were surprised at how **out of breath** they become when playing dodgeball with their child. The parent wanted to be a **good role model for their child** by leading a healthier and more active lifestyle.

### Change Maker information

The family attended 7 out of 9 sessions. The parent found it very helpful talking to the Family Lifestyle Advisor, (FLA) particularly with habits of eating during exercising. **Portion size** and the when they were eating were key factors with the family, particularly with the parent.

The parent **excluded all sweet treats** from their diet, increased their physical activity levels and **stopped eating late in the evening**. They felt motivated by the gradual weight loss, **increased energy levels** and **general feel good factor**. Day by day, a healthy diet and exercising became the parent's routine.

### Signposting and referring

The family are now very active together, inspired by the parent's thirst for a healthier lifestyle twinned with the knowledge of healthy nutrition. The FLA was very happy to signpost into a home exercise programme for the family.

### Following on from Change Makers

The parent was amazed by their weight loss and **increased body confidence**. They feel more inclined to do more **family activities** and is no longer out of breath when playing with the children. The parent now likes the image in the mirror again and **no longer feels embarrassed** when taking their shirt off in hot weather.

The parent wishes to thank the FLA for motivating them, for making them want to try a healthier lifestyle and for explaining food habits. They said this has now rubbed off onto their family and everyone is now more active.

Adult	BMI	Fruit &Vegetable intake (per day)	Low Intensity (minutes- week)	Moderate Intensity (minutes- week)	Vigorous Intensity (minutes- week)	Warwick- Edinburgh Mental Well Being Scale
Week 1	29.1 (overweight)	2	0	60	0	58
Week 9	22.5 (healthy)	5	0	240	360	69

## FSA launches Safe Summer Food guide as UK picnickers head out in the sun

Over 20 million people in the UK (40%) plan to get out into the great outdoors for a picnic this summer but al fresco dining doesn't come without worry for some. That's according to a snapshot survey from the FSA which shows that nearly a quarter of people (23%) are concerned about picnic food hygiene.



With more than one million cases of food poisoning every year in the UK and cases of food poisoning from Campylobacter, E. coli, Listeria and Salmonella rising in the summer months, they are right to be concerned.

The FSA's snapshot survey showed picnickers could be putting themselves at risk by leaving their food out for longer than the recommended two hours (11%), carrying food to picnics in containers such as plastic bags and picnic baskets (29%), rather than the recommended cool boxes; and, putting picnic leftovers back in the fridge (27%) or using them for a meal the next day (23%), regardless of how long they have been left out.

To help everyone enjoy their summer picnics without worry the FSA has provided these easy tips to keep your family safe:

- ♦ **Clean up first** - Rinse fresh fruits (including those with rinds) and vegetables under running tap water before packing them in the cool box.
- ♦ **Keep cold food cold** – place cold food in a cool box with ice or frozen gel packs. Cold food should be stored at 5 °C or below to prevent bacterial growth.
- ♦ **Organise your cool box** – pack drinks in one cool box and perishable foods in another. If using freezer packs (frozen drinks work well for this purpose), distribute them throughout the box – not all at the bottom!
- ♦ **Keep your cool box closed** – once at the picnic site, limit the number of times the cool box is opened as much as you can. This helps to keep the contents cold for longer.
- ♦ **Pack away your picnic** – once you've served it, dishes should not sit out for longer than two hours, or one hour if it's very hot outside. After this, the risk of bacteria increases and it becomes unsafe to eat, so best to throw it away when you get home. Pack away food so that your guests are not tempted to nibble later. To waste less, pre-plan portion sizes according to the size of your party and only pack what you need.

For more tips go to:

<https://www.food.gov.uk/science/microbiology/keeping-food-safe-at-a-picnic>

<https://www.bbcgoodfood.com/howto/guide/how-pack-perfect-picnic>

Pinterest has lots of tips for children's picnics





### 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](mailto: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>

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## Messages to support selection of healthy choices

**C**ould a catering outlet influence students to choose water rather than drinks high in sugar?

Three message-based nudge interventions, with washout periods between, were used during a 7-week study.

Calorie savings (self-interest), charity (prosocial), or charity-plus-calorie message posters were displayed in a college-based food franchise.

A total of 2,393 students purchased 6,730 meals. Posters displaying calorie information increased water choice relative to washout periods, while the poster without calorie

information (charity only) had no effect. Controlling for fixed effects produced the same results.

The calorie message poster influenced less frequent diners more than frequent diners.

### Conclusions

Food-service operations can nudge college students to substitute water for sugary drinks with a simple calorie-based message to save hundreds of calories per meal.