

HELLO

Welcome to the 'Big Bumper Summer Issue' of our Wellness Newsletter for July and August!

SUMMER 2021

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD



TOP TIPS  
FOR  
SUMMER  
WELLBEING



**Katrina Francis**  
Nutrition and Wellbeing  
Engagement Officer

This issue provides you with top tips to get more out of summer, while still looking out for your overall health and wellbeing.

We have many ESS guest features...

**Matt Lord**, Executive Chef, with a delicious BBQ recipe, **Ken Stickings**, Programme Director, sharing his love of cycling, **Evan Judge**, Senior HSE Manager, talking safety in the sun, **Robyn Murray**, ESS People Partner, giving some ideas on how to keep the kids entertained over the summer holidays and **Leanne King**, Head of Nutrition and Wellbeing, discussing the challenges of breastfeeding.

We hope that over the summer months we can encourage 'getting together' (following the Government guidelines) with our nearest and dearest after being told you can't leave home for months!

This is supported in wider initiatives such as **International Day of Friendship** (31<sup>st</sup> July) and **Talk to Us Month** (1<sup>st</sup>-31<sup>st</sup> July). The fantastic development and distribution of the vaccine has helped us get to where we are today and is highlighted in our feature on **Health Information Week** (5<sup>th</sup>-11<sup>th</sup> July).

In this issue:

- Top Tips for Summer Wellbeing
- World Chocolate Day: 7<sup>th</sup> July
- Cycle to Work Day: 5<sup>th</sup> August
- World Breastfeeding Week: 1<sup>st</sup>-7<sup>th</sup> August
- Health Information Week: 5<sup>th</sup>-11<sup>th</sup> July
- Talk to Us Month: 1<sup>st</sup>-31<sup>st</sup> July
- International Day of Friendship: 30<sup>th</sup> July

# TIPS TO MAKE YOUR SUMMER HEALTHIER AND MORE SUSTAINABLE

HEALTHIER WORLD

## AUGUST WELLNESS WEBINAR



4<sup>th</sup> AUGUST

Click [HERE](#) at 14:30 on 4<sup>th</sup> August to join **Katrina Francis**, ESS Nutrition and Wellbeing Engagement Officer, to find out how to make your summer both healthier and more sustainable.

If you would like to gain access to future webinars, please email: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

# 1. DELICIOUS BBQS

HEALTHIER FOOD



It makes sense to kick start with something food related as we all love food and tasty, healthier options!



Summer is here and so is BBQ season (British weather permitting)! Although cooking on fire is the oldest and simplest method of cooking, it comes with its own challenges.

**Matt Lord**, Executive Chef, shares his top tips for making the most out of your grill:

- Choose a good quality British lump wood charcoal to improve the flavour of your food; imported charcoals and briquettes often have lots of nasty additives and chemicals added.
- Always use natural firelighters as you don't want your food to taste of lighter fuel.
- Light your BBQ early – charcoal burns for hours and you want the heat just right before cooking. Never cook whilst you still have flames.
- Prepare all your food before starting to cook as you don't want to be juggling your grill and prepping salads at the same time.
- Buy a digital temperature probe to check the internal temperature of your food – this not only ensures your food is safe but also that you do not overcook it. You can then serve your guests that perfect medium rare steak (that has been safely heated to 72°C)!
- Get used to the heat of your BBQ by holding a hand over the grill – if you can hold it there for 5-6 seconds you have a low heat, 3-4 seconds medium and 2 seconds high heat.
- Marinating your meats is a great way of packing in extra flavour See recipe below.
- If you are worried about cooking chicken on the bone, pre-cook in your oven before finishing on the grill for that charred flavour.
- Rest your meat to tenderise it and allow the flavour to develop – a rule of thumb is that a piece of meat should be rested for at least the time it was cooked for. After cooking, place your meat on a tray with a cooling wire and lightly cover with foil, allow to rest and then flash back over the grill before serving.
- It is very important to keep hydrated! There should always be a drink in your hand when grilling!

## MOJO MARINADE RECIPE

One of my favourite marinades is from Cuba. Mojo is a great mix of spice and garlic, lightened with lots of fresh herbs. The recipe below is plenty for four chicken breasts or eight boneless thighs.

### Ingredients:

- 100g coriander
- 100g flat leaf parsley
- 40g ginger
- 60g red chillies
- 60g garlic
- 100ml red wine vinegar
- 200ml extra virgin olive oil

### Method:

- 1 Peel the ginger and garlic and deseed the chilli (leave the seeds in if you prefer more heat).
- 2 Place all the ingredients into a blender (including the stalks on the herbs) – blend until smooth.
- 3 Pour over your chicken and marinate overnight.
- 4 Grill over hot coals until the chicken is cooked through.

Mojo Chicken tastes great on its own or served as a burger in a brioche bun with a little salad and mayo.



# ON THE SUBJECT OF FOOD, JULY 7<sup>TH</sup> IS WORLD CHOCOLATE DAY

HEALTHIER FOOD

We are sure this is a day you will want to celebrate everyday... where we encourage you to eat some chocolate!

Did you know the cocoa in dark chocolate contains compounds called flavanols? Research suggests these may have potential benefits to heart health! There's your excuse to enjoy some chocolate in moderation...

Think chocolate chip pancakes, chocolate milkshake, add chocolate to your porridge (it's never too early for chocolate, right?), chocolate covered strawberries or raisins or a chocolate dessert.



## 2. STAY HYDRATED

HEALTHIER BODY

Staying hydrated is important all year round to prevent the risk of dehydration which can have negative effects on both mental and physical health.

A tell-tale sign of dehydration is decreased or dark-coloured urine. The amount of fluid you need depends on many things, one of them being the weather. So, as you sit in the garden enjoying your BBQ, don't forget to top up your fluids (and no, we don't mean alcohol!).

### How can I increase my fluid intake?

- 1 Have a glass of water each morning before your tea or coffee.
- 2 Carry a water bottle with you (reusable is best!).
- 3 Have a glass of water with each meal.
- 4 Flavour your water with berries, citrus fruits or no added sugar squash if you find water bland.
- 5 Set yourself reminders throughout the day.

**Remember that alcohol does not count towards our fluid intake.** It's important to always drink responsibly; drinking excessive amounts of alcohol can lead to further dehydration, hangovers, tiredness and headaches – and that's just the immediate effects.

Remember, we should drink **no more than 14 units per week** and spread our drinking over three or more days, including some alcohol-free days each week!



Find out our top tips to stay hydrated [HERE](#). Don't forget to subscribe to our YouTube Channel [WeAreESS](#) and give the video a thumbs up!

## IMPORTANCE OF HYDRATION

### JULY WELLNESS WEBINAR

HEALTHIER BODY

7<sup>th</sup> JULY



This month join **Tatiana Lillingston-Price**, ESS Nutrition and Wellbeing Engagement Officer, to find out more about the importance of hydration and for some top tips to top up on your fluid levels. Click [HERE](#) at **14:30 on 7<sup>th</sup> July**.

If you would like to gain access to future webinars, please email: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

# 3. GET OUTSIDE, GET MOVING

Although the British weather is not the most reliable, we can hope it will be better than the wintery months... so there is no better time to get outside.

## Why get outside?

It provides stress relief, helps your body make vitamin D, promotes better sleep, encourages more exercise, boosts your mood and mental health, plus many more benefits – what's not to love?

Also...did you know exercise supports our joint health? Although it can be tempting to give up exercise when we experience pain in our joints (because after all, we don't want to make it feel worse), exercise helps build and maintain strength in the muscles and supportive tissues around your joint. But always follow any advice from your doctor.

# EXERCISE FOR MENTAL HEALTH

## JULY MINDFUL MOMENTS WEBINAR



WEDNESDAY 28<sup>th</sup> JULY

Click [HERE](#) to join us on 28<sup>th</sup> July 13:30-14:00 where our live panel Evan Judge, Senior HSE Manager, Harjeet Moore, Head of People and a guest specialist will be talking about the benefits exercise has on our mental health.

Don't forget to also look out for our **Mindful Moments Toolbox Talk** this month which will equip you with lots of information and top tips!

# CYCLE TO WORK DAY

HEALTHIER BODY



5<sup>th</sup> AUGUST

**Ken Stickings, ESS Programme Director, shares his love of cycling.**



I remember getting my first bike as a kid. It gave me independence and the ability to meet up with my friends who lived further away which, in my day, was the only way to regularly see them outside school (this was the '70s, so it was unusual to have a phone in the house, let alone social media). Owning a bike gave me the ability to do part time jobs, like my paper round and cleaning out delivery vans at the local bakery - with the added perk of taking home as much bread and cake as I could at the end of the day.

I loved my bike for what it allowed me to do. Fitness was not really a thing back then and mental illness and stress was not fully understood outside academia. Instead, my bike was a ticket to independence (as long as I was home in time for tea at five).

I joined the Army at 15 and immersed myself in other sports. Within the next 35 years, I only remember riding my bike once. I was a good runner and swimmer and had been coerced into doing an iron man triathlon; adding a bike ride did not seem too daunting at the time. Unfortunately, I did not have a bike, never mind cycling shorts, so I asked around and one of the chefs said he had a bike I could borrow.

What he didn't tell me was that it was his wife's bike, which she used to do the local shopping - imagine a bike with a basket on the front and panniers on the back and only three gears, two of which did not work. Most of the contestants took it seriously and had the all the gear; aero helmets, carbon frame bikes, shorts with padding etc. I, on the other hand, had no gear and no idea.

On that day I became a bit of a celebrity for the wrong reasons! I did well in the swim, exiting the water in 5<sup>th</sup> place, then jumped on my bike (at least I had a basket on the front to put my drink and sandwiches in) and was soon overtaken by every single rider, including, I seem to remember, kids on their way to school. I did make up some ground on the run but finished in the last few places - to be fair, I did get a round of applause at the finish. Thankfully all photographs of the event have been destroyed!

Roll on many years later, running and various other sports unfortunately damaged my knees where I could no longer run without pain. Not wanting to be without some form of exercise, I bought a mountain bike which allows you to ride virtually anywhere, on and off road, with the bonus of some form of suspension to ease the bits that are not used to this form of exercise. I soon found my love of running was quickly replaced with my love of cycling, which is a lot kinder on the knees. I became addicted to cycling.

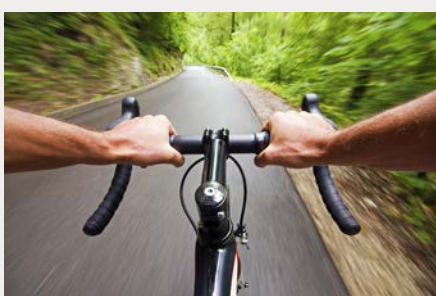
The pleasure of going for an early morning ride and the feeling it gave me is hard to describe - for me it does not matter whether the sun is shining or it's raining, just as long as I can ride my bike. I now have a road bike and an indoor trainer where I set my bike up and compete using ZWIFT with other riders online.

If my job allowed, I would cycle to work, but Bath to Birmingham is a little too far for a round trip, however if it is only a couple of miles it's certainly worth considering.

It does not matter what size or age you are, most people can cycle. It does take a while to get used to sitting on the saddle for long periods of time and it can take a couple of months of riding to become less saddle sore. But a top tip is to buy some padded shorts - I don't spend a lot on them, shorts from Lidl or Aldi are as good as very expensive shorts from leading brands.

Also, make sure you are visible to other road users - you may find bright pink is not really your colour but when riding a bike, you can get away with it.

There are numerous health benefits of cycling from regular exercise to improving mental health and weight loss. I personally don't do it for any of that, I do it for the sheer joy of it.



# 4. ENJOY THE SUN SAFELY



Who doesn't love the warmth of the summer sun on their skin?



We do! But, let's not forget about maintaining good health and wellbeing too. **Evan Judge**, Senior HSE Manager, shares why keeping safe in the sun is so important and provides some advice on how to stay safe.

As we start to enjoy our summer, it is important to remember to enjoy the sun safely. **The British Skin Foundation** reports that **at least 100,000 new cases of skin cancer are now diagnosed each year, and the disease kills over 2,500 people each year in the UK** – that's seven people every day. Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important to protect yourself and your family from the sun.

In the UK, the sun's ultraviolet (UV) rays are the strongest between 11am and 3pm from mid-March to mid-October. There are three simple things to do to

make sure you are safe when you are out enjoying the sun: **Shade, Cover Up** and **Sunscreen**.

## Shade

Take a break under trees, umbrellas, canopies or go indoors. Not only will it help protect you from the harmful UV rays, if it's hot, you'll get a break from the heat too. Structures made from material such as shade sails often show the ultraviolet protection factor (UPF) on the label. This tells you how good the protection is against UV rays.

## Cover Up

Protect your skin from the sun with clothing, a wide-brimmed hat and UV protection sunglasses. Clothing should cover your shoulders and have long sleeves. The more skin that's covered by your clothing, the better the protection.

## Sunscreen

Sunscreen doesn't protect us completely from sun damage on its own. However, it can be useful for taking care of the parts of skin we

can't shade or cover. That is why it is recommended to use sunscreens together with shade or clothing.

It is recommended that you buy sunscreens with:

- A Sun Protection Factor (SPF) of at least 15 (UVB protection).
- A high star rating with 4 or 5 stars (UVA protection).

## How to enjoy the sun safely



### Find Shade

Take a break under trees, umbrellas or head indoors.

### Cover Up

Wear a loose, long-sleeved top with a hat and sunglasses.



### Use Sunscreen

On bits that aren't covered up. Use plenty with at least SPF 15 and a 4 or 5 star rating.



# 5. PREPARE FOR YOUR HOLIDAYS

Get your suitcase packed – we are going on holiday!

Summer holidays may not always be the break you needed, it's no secret they can be a very stressful time. From worrying you have forgotten something, to having schedules which are full to the brim with plans and activities.

Experiencing chronic stress over a period of time may increase your risk of mental health problems such as depression and anxiety. It may also increase risk of cardiovascular disease including heart disease, high blood pressure and stroke. Therefore it's important to try and manage our stress levels and what better way to do so than on our holidays.

Here are some top tips to minimise your stress and make your holiday fun and memorable:

- Begin every holiday by **making a packing list**.
- **Check the forecast** before you go.
- If you are lucky enough to go abroad... **give yourself plenty of time at the airport** or if you are enjoying a staycation – plan your route and make a stop on the way to break up your journey.
- Turn off notifications or put your phone on **airplane mode** for the entire trip.



# 6. KEEP THE KIDS ENTERTAINED

TOP TIPS  
FOR  
SUMMER  
WELLBEING

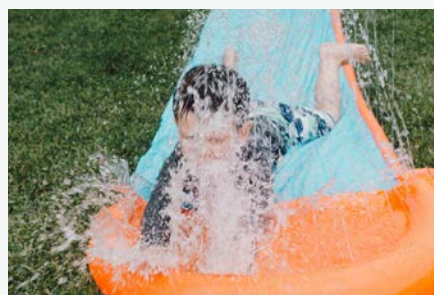
With summer holidays approaching, it's a great time to give our kids a break from organised activities and help them find ways to entertain themselves.



**Robyn Murray,**  
ESS People Partner,  
shares some practical  
and fun ideas for  
kids to do on their  
own, or with a parent  
or caregiver.

- **Camp out in your backyard** or camp indoors.
- **Pick your own** blueberries, strawberries, tomatoes or flowers.

- **Break out the kiddie pools,** hoses and sprinklers.
- Create a **treasure hunt**.
- Go on a bike ride and **pack a picnic**.
- **Use nearby parks.**
- **Make something tasty...** homemade fruit smoothies and ice lollies.
- **Visit a wildlife park** or sanctuary.



# 7. GET TOGETHER WITH YOUR FRIENDS AND FAMILY

TOP TIPS  
FOR  
SUMMER  
WELLBEING

HEALTHIER MIND

BBQs, trips to the local park for a game of rounders, the cinema, a catch up at the pub, having people over for dinner or hiring a rowboat; what's your favourite way to socialise in summer?

Hopefully, we can continue to meet up with our friends and family while keeping them safe, by sticking to the government guidelines and continuing to create herd immunity through vaccinations. This topic is a feature throughout **Health Information Week**.



This month, we are recognising the benefits of getting together and talking with friends and family through the following wellbeing initiatives...

## INTERNATIONAL DAY OF FRIENDSHIP

30<sup>th</sup> JULY

The perfect day to appreciate your nearest and dearest and celebrate all kind of friendships, from work colleagues to sports teams to old school friends. But **International Day of Friendship** goes further than that – it is to recognise the bridges built between different factors such as race, language and culture, and promotes peace, happiness and unity.



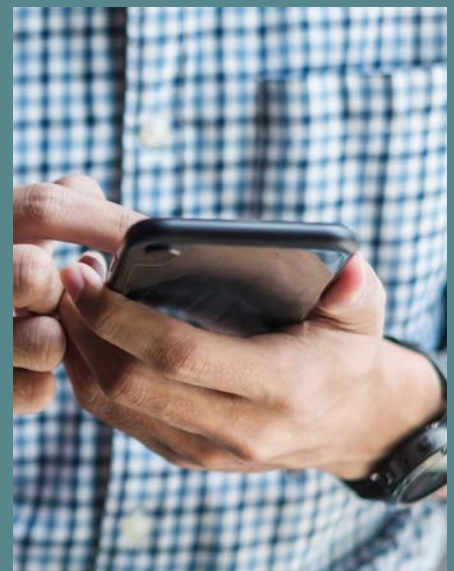
## TALK TO US MONTH

1<sup>st</sup>–31<sup>st</sup> JULY

Talking about your feelings isn't a sign of weakness. It's part of taking charge of your wellbeing and doing what you can to stay healthy. If you don't feel like you can talk to your family or friends, don't feel like you are alone.

**Talk to Us Month** is held by the **Samaritans** to show they are always there to listen to anyone who is struggling to cope, at any time, day or night. You can call them for free, at any time, from any phone on **116 123**.

Don't forget, our Wellness Team are fully trained in mental health first aid and are always on hand if you need to chat. Just drop them an email at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)





# DEALING WITH ANXIETY

HEALTHIER MIND

## AUGUST MINDFUL MOMENTS WEBINAR



WEDNESDAY 25<sup>th</sup> AUGUST

Click [HERE](#) to join us on 25<sup>th</sup> August 13:30-14:00 where our live panel Evan Judge, Senior HSE Manager, Harjeet Moore, Head of People and a guest specialist will be talking about how to deal with anxiety.



HEALTHIER BODY

## 8. GET BETTER REST

All these tips may make you a little exhausted, so make sure you also factor in some time to rest. The summer time brings warmer weather, more daylight and hayfever which can keep you from sleeping well.

Try following these summer sleep tips to ensure you get enough ZzzZzs to stay energised to tackle that summer bucket list.

### Block out the sun

Light suppresses the secretion of melatonin, a sleep-inducing hormone. So, it is a good idea to keep your bedroom as dark as possible.

### Keep a cool room (and head)

The heat can play havoc with your sleep cycle. Therefore, keep your curtains closed during that day to block out direct heat and open your windows and doors to allow air to circulate. To keep yourself cool, ditch the duvet and use just a cotton sheet – also try having a cool shower or drink ice water before bed to lower your core temperature.

### Avoid allergens

If you suffer from hay fever it can make it harder to sleep in the summer. Pollen can stick to you and your bedding, therefore keep your window shut, clean your bedding more regularly and take a shower before bed. Also, try to avoid alcohol before bed as this can set off allergy symptoms.



# WORLD BREASTFEEDING WEEK

1<sup>st</sup>-7<sup>th</sup> AUGUST

There are many demands being a mother, such as keeping the kids entertained but an often overlooked challenge is breastfeeding.

World Breastfeeding Week aims to raise awareness of the benefits breastfeeding can bring to the health and wellbeing of the baby as well as maternal health. Did you know breastfeeding your baby reduces your risk of breast and ovarian cancers, obesity, type 2 diabetes and heart disease? It also has health benefits for your baby. But breastfeeding is challenging for some mothers.

Are you unsure what is best for you and your child – breast milk or formula milk or are you trying weaning? August's **Wellness Surgery Q&A** sessions on Instagram focuses on the above. Click [HERE](#) or visit [@WeAreESS](#) on Instagram at **14:00 on 18<sup>th</sup> August** to ask our Nutrition and Wellbeing Team.



HEALTHIER BODY

# THE CHALLENGES WITH BREASTFEEDING

HEALTHIER BODY

In light of World Breastfeeding Week, Leanne King, ESS Head of Nutrition and Wellbeing, shares her thoughts on why sometimes breast is not best...



As a registered nutritionist I am well aware of the nutritional and immune benefits of breastfeeding. 'Breast is best' has been predominantly pushed

by midwives for years and the taboo of breastfeeding in public has long been addressed with businesses promoting 'breast feeding friendly' environments.

Being a new and first-time mum I have found this topic very interesting, and not quite as straightforward or as easy as whipping your breast out to feed your new-born, which is very much the general perception. There are a lot of behind the scenes challenges that, for some reason, mums don't seem to

talk about until you are 'in the club' or another lets slip of the struggles they are having. There are various reasons why a new mum may choose not to breastfeed, such as not being able to produce enough milk, going back to work sooner than planned, lifestyle not permitting or not feeling comfortable doing it etc. We must also remember that it is a personal choice and it just may not be for you.

That said, whilst there is a taboo about breastfeeding in public, there does still to still be a similar feeling around bottle feeding too, and a lack of knowledge of how tightly formula is regulated, particularly within the UK. With all this in mind, it really can feel like new mums just can't win

whatever choice they make which could promote postnatal depression, stress and anxiety. Having attended a breastfeeding course, I was shocked at the fact that many of the things I have experienced either weren't discussed, were only briefly touched upon, played down or simply not seen as an issue when they can actually be quite detrimental to your overall experience of trying to feed your baby. For example, formula was skipped past very quickly, leaving those mothers that, for one reason or another, may be struggling with the guilt of using formula, less informed and perhaps feeling less supported.

Something I will never forget through my experience is that a nurse advised

me to feed my baby however I could, and to include formula when I got home because, if we came back to the hospital, the baby would be given formula. Interestingly, as I have become increasingly aware, there are many mums that need to supplement with formula, and while this is nothing to feel ashamed of, it is rarely discussed in my experience.

My personal opinion, pre-birth, was that I wanted to breastfeed if I could, pump so my husband could bond with our little one and, if I couldn't produce milk, I was more than happy that formula is tightly regulated, safe for my baby and even provided probiotics and Vitamin D, which is something breast-fed babies need as a supplement anyway.

Post birth, I am fortunate that I am able to breastfeed, however it is not something that has been straightforward, and this is why I want to share my experience with our readers.... Within 24 hours of our little one's delivery, there were concerns

that she wasn't well. Thankfully everything was okay, except for a mildly positive infection which was sorted with antibiotics, but it was very traumatic at the time and I now have a much greater appreciation of what some parents go through.

Whilst my baby latched immediately in recovery, this wasn't sustained (again, this is something that is quite common but not widely discussed prior to birth) and, due to being sent to neonatal, feeding had become an issue and a bottle was given. This resulted in challenges with breastfeeding afterwards as feeding with a bottle is much quicker than breast, which resulted in a hangry baby and me feeling quite let down. My husband referred to our little one as a 'Deliveroo' baby: she liked fast food and didn't want to work for it, which they need to do when breastfeeding.

Whilst I had always been open to formula feeding, I also didn't want to give up on being able to breastfeed or at least being able to express and so

I persevered and, whilst they say you shouldn't introduce a bottle before six weeks, we had no choice as our baby needed feeding.

I am now pleased to say that our patience has paid off and we have, what I would say is our ideal scenario for us as a family, which is not to say that it will be everyone's. Mine was to combination feed with breast, pump and formula, using the option that suits our little one at the time, according to her mood. Bottle breast is the 'Deliveroo fast food option', she will snack or graze on the breast and then, if we are out and have run out of expressed milk, we always have an emergency bottle of formula, which we have come to refer to as her 'weekend' treat. If she is calm prior to feeding, we will always offer breast first. This cuts me a little slack as feeding is not just up to me, and allows my husband to bond over food with the little one – something that is important to us as a family.

Mastitis, a blockage which causes engorgement, inflammation and flu-like symptoms, is another hurdle I have had to contend with which, once again, is mentioned but not widely discussed until it happens, is incredibly painful and something that you can't really prevent. It just happens!



**A feeding baby is a healthy baby regardless of how you feed them.**

Formula feed is extremely regulated, particularly within the UK, and so your baby will be gaining all the nutrients they need regardless of how you feed them. So don't beat yourself up if you don't produce enough milk, can't breast feed or even chose not to, for whatever reason. **How you feed your baby is completely your choice.**

## SO, WHAT'S THE DIFFERENCE?

*Formula milk vs. breast milk.*

BREAST	FORMULA
<ul style="list-style-type: none"> <li>● Provides immunity for your baby.</li> <li>● Lowers risk of breast cancer and ovarian cancer.</li> <li>● Lowers risk of rheumatoid arthritis and lupus.</li> <li>● Reduces endometriosis.</li> <li>● Reduces risk of osteoporosis.</li> <li>● Helps to shrink the uterus.</li> <li>● May reduce your baby's chances of developing allergies, diabetes and obesity.</li> <li>● May help you to lose your baby weight more quickly - if exclusively breastfeeding you will use around 300kcal a day!</li> <li>● Baby and mother need to learn together how to breast feed which can take a few weeks to establish.</li> <li>● Easily digested and adapts to your baby's needs and growth.</li> <li>● No cost and no essential equipment required.</li> </ul>	<ul style="list-style-type: none"> <li>● Allows your partner to bond through feeding.</li> <li>● Formula contains the nutrition your baby needs and supplemented with Vitamin D, Omegas and sometimes active cultures which support good gut function.</li> <li>● You are not the only food source, meaning you can get a bit of rest and be flexible to do other tasks or activities.</li> <li>● Using formula means you don't have to worry about what you eat or drink affecting your baby.</li> <li>● Formula feeding doesn't come with the pain that many mothers feel when starting breast feeding such as sore, cracked nipples or engorgement as your body adapts to producing milk.</li> <li>● You can track how much your baby has drunk.</li> <li>● Formula preparation, cleaning and sterilising bottles is essential.</li> </ul>

Expressing your breast milk using a pump can provide breast feeding mothers some of the benefits of bottle feeding such as not being the only person to be able to feed the baby whilst still providing all the nutritional benefits of breast milk.



# HEALTH INFORMATION WEEK

5<sup>th</sup>-11<sup>th</sup> JULY

We all want to be able to stay healthy, manage illness effectively and have a better quality of life. But where can we find health information that we can trust?

This year, Health Information Week provides information on a variety of topics

One of the topics is 'Vaccines'.

Deaths from diseases like smallpox, polio and tetanus are a thing of the past, or very rare. Why? Vaccines.

Vaccines teach your immune system to create antibodies which will help protect you from disease. Having a vaccine also benefits your whole community through 'herd immunity'. This is when enough people are vaccinated that it becomes harder for the disease to spread to those without the vaccine, who may be ill or have a weakened immune system.

Things you need to know about vaccines:

FACT	FICTION
Protect you and your community from serious and potentially deadly diseases	Do not cause autism
Undergo rigorous safety testing before being introduced	Do not overload or weaken the immune system
Reduce or even get rid of some diseases	Do not contain any ingredients that cause harm in such small amounts

Another topic for Health Information Week is: 'Oh, I don't know what to believe...'

Eggs are bad for the heart; all fat is bad for you; and quinoa is the newest food trend so therefore I must eat it to stay healthy. With so much information out there, it can leave you confused. When we have a question, we often turn to the internet for answers, but it can be difficult to separate the truth from the myths.

You shouldn't believe everything you see on social media... here are some reliable sources you can trust:

- Registered Nutritionist (look for R Nutr or ANutr after their name)
- Registered Sports Nutritionist (check the SENR register)
- Registered Dietitian
- Your GP or healthcare professional
- NHS
- British Nutrition Foundation
- Well-known charity websites



Here at ESS, we hold monthly **Wellness Surgery Q&A sessions** on Instagram.

This month we're busting some myths and focusing on the truth behind some of the headlines regarding nutrition and wellbeing.

So, if you have read something, but you aren't too sure if it's true, click **HERE** or visit **@WeAreESS** on Instagram at **14:00 on 21<sup>st</sup> July** to ask the Nutrition and Wellbeing Team.

If you don't have time to drop in, why not send your question into: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

## GOOD NEWS STORY?

If you would like to share your success, please submit an article of around 150 words ASAP so we can publish it in our next issue. Please include any photos or feedback and send to: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

# Q&A

Our Nutrition and Wellbeing Team are here to answer all your questions.

If you have a nutrition or wellbeing query that we can help with, send us an email at [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)!

## Q: Why should I eat fruits and vegetables that are the colours of the rainbow?

A: Summer brings an abundance of vibrant, fresh and delicious seasonal fruit and vegetables, with our farmers markets bursting with beautiful and colourful produce.

Keeping the colours of the rainbow in mind is a good way to ensure you are getting a healthy mix of vitamins and minerals, as well as fibre and other plant compounds which are essential for good health.



### RED

High in lycopene, research suggests this can help reduce the risk of cancers like prostate, lung, stomach and breast. Red foods are also typically very high in antioxidants which could help to prevent other diseases.

**Examples:** strawberries, cherries, watermelon and radishes.



### YELLOW

Just like the colour, it can boost our mood and makes us happy. Along with potential mood enhancing qualities, they are packed with vitamin C, keeping our immune health in tip-top shape.

**Examples:** sweetcorn, peaches and yellow variety of melon.



### BLUE

There aren't many foods that are naturally blue, except blueberries which have high levels of antioxidants that could provide additional health benefits. Plus, they are packed with fibre and vitamin C.



### ORANGE

High in beta-carotene, which could be beneficial for eye health and vitamin A and C, which are both important for immune health.

**Examples:** apricots, carrots, sweet potatoes and oranges.



### GREEN

The king, queen, prince and princess of foods! This group can be higher in fibre which can help you feel fuller for longer. This can be useful if you're looking to lose weight. They also contain vitamins A, C and E.

**Examples:** kale, spinach, peppers, broccoli, peas and cucumber.



### PURPLE

To start, they are rich in antioxidants, but that's not all. They help prevent premature aging, reduce risk of cancer and help improve your memory, plus they are good for the heart.

**Examples:** aubergine, beetroot, plums and figs.



Despite the above, even less colourful fruit and veggies (think cauliflower or onions) pack a punch of vitamins and minerals, so don't forget to include these too!

So now you know all the amazing health benefits that colourful fruits and vegetables have, aren't you just dying to make a rainbow on your plate?

WELLNESS

# ASK YOUR NUTRITION & WELLBEING SPECIALIST

Ask anything to do with nutrition, health & wellbeing.

Drop us an email and we will get back to you as soon as possible.



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If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk).  
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