

HELLO

and welcome to the August issue of our Wellness Newsletter.

AUGUST 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

What will you do this month to boost your overall health and wellbeing?

Summer is a fantastic time to spend with family and friends and hopefully the warmer weather lasts. Whether you plan to go abroad during your leave or spend it at home, this is the perfect time of year to really maximise fresh, local and healthy produce.

Is breast best? A common question asked when we want to do everything we can to keep our little ones healthy. This year, **World Breastfeeding Week** (1st-7th August) highlights the benefits breastfeeding may have for the planet and reducing inequalities.

This month we also take a spin on **Cycle to Work Day** (4th August) to encourage everyone to change the way they commute to work. We work on a large percentage of days a year, so changing the way we get there to be more active can really benefit our lifestyles.

Harjeet Moore

Head of People

SUMMER WELLBEING

HEALTHIER BODY

Believe it or not, summer can be a tough time to stay on track.

Many people believe summer is great as the warmer weather encourages us to get out more and eat colder foods such as salads. But, for some, it may feel too muggy to keep up a running routine or the family holiday leaves them waving goodbye to healthy eating habits or a daily mindfulness practice.

January's New Year's resolutions may feel like a distant memory and may not fit in with your summer plans, so now is a perfect time to reassess and, if needed, adjust your goals to help

you achieve a summer where your wellbeing is still top of your priority list (as it should always be)!

When thinking about summer wellbeing, it's important to remember that we're not talking about craving a "beach body" – instead we're focusing on a healthy and happy mind and body that is right for you and your daily needs.

Last month, we held a webinar on 'Summer Body Image' which outlined 8 steps to a positive body image,

moving the focus away from how we look towards appreciating what our bodies do for us. You can catch up on our WeAreESS YouTube channel [HERE](#).



MEDITERRANEAN FISH SALAD

Get creative with the leftover salad ingredients in your fridge to make this fresh and delicious Mediterranean inspired salad, bursting with nutritional value. Serves: 2

Ingredients:

- 200g new potatoes
- 2 eggs
- 3 tomatoes
- ½ red onion
- 60g green beans
- 2 tbsp black olives
- 2 tbsp green olives
- 2 tins of salmon, mackerel or anchovies
- ½ head of lettuce

Dressing (optional):

- 1 tbsp lemon juice
- 2 tbsp olive oil
- ⅓ tsp Dijon mustard

Each serving (380g) contains

Energy 1267kJ 302kcal	Fat 11g LOW	Saturates 2.5g LOW	Sugars 5.1g LOW	Salt 1.3g MED
15%	16%	13%	6%	22%

of an adult's reference intake
Typical values per 100g:334kJ/80kcal

Method:

- 1 Boil potatoes until soft. Drain and leave to cool. Slice into halves.
- 2 Cook the green beans accordingly in boiling water. Drain and run under cold running water. Pat well to dry.
- 3 Cook the eggs in boiling water for 15 minutes (hard boiled), remove the shells and cut into quarters.
- 4 Drain the tinned fish.
- 5 Cut the tomatoes into quarters.
- 6 Mix the potatoes, green beans, tomatoes, fish and olives together. Serve on top of lettuce and add the boiled egg on top.
- 7 Make the dressing by mixing ingredients together and drizzling over the salad (or simply drizzle with olive oil or any salad dressing you have to hand).

TOP TIPS FOR STAYING HEALTHY THIS SUMMER!

Enjoy seasonal fruit and veg:

- Fruits and vegetables are an important part of our diet the whole year round – make sure you are aiming for at least 5 a day! They provide us with many of the vital vitamins and minerals our body needs to stay healthy and boost the immune system.
- August's harvest brings an array of colour. Beetroot, blueberries, cherries, cucumbers, tomatoes, plums, sweetcorn and much more. Grow your own or visit your local 'pick your own' to enjoy all that summer has to offer locally. Eating what's in season can mean tasty, nutritious, sustainable, and cost-effective choices. Summer is a perfect opportunity to expand your palate and try new recipes. An example is the recipe to the left.

Exercise outdoors:

- If the weather is pleasant and you can get outside, do it! If you're tired of going for a jog or walk, think outside the box. Mowing the lawn with a push mower, gardening or swimming at a local pool are all great ways to move your body while soaking up some sunshine.

NUTRITIONIST'S TIP

Salmon, mackerel and anchovies provide us with healthy fats to support brain and heart health. Opt for tinned fish in spring water rather than brine to reduce your salt consumption.



Keep yourself hydrated:

- Water is a great way to stay hydrated throughout the summer months, with it being readily available in most locations. You can make your water tastier by adding some fruits, fresh cucumber or lime slices to your bottle to give it a burst of flavour.
- You may also want to consider foods which have a high-water content as these can provide you with a cooling effect too – try watermelon, cantaloupe, strawberries, celery or cucumber. Try blitzing these up into a smoothie and add some ice, milk or yoghurt too.

Get better rest:

- Long sunny days can be draining but hot, sticky weather can also make it harder to drift into a deep slumber. Make your bedroom summer friendly by keeping it cool with a fan or open window or investing in some light-blocking curtains. It can also be tempting to stay up later due to the lighter evenings or sitting round the fire pit but try sticking to a

normal routine and relax before bed by putting your phone away and reading a few pages of a book.

Catch up with loved ones:

- Plan activities such as visiting a beach, having a picnic in your local park or eating dinner outside – all the things you can't do in the cooler months. Being out in nature is also a great way to boost your wellbeing. If your schedules struggle to match up during the hectic summer months, don't forget to keep in touch by sending family and friends a message or postcard to let them know you are thinking of them.

Ease stress with mindfulness:

- There will undoubtedly be situations that causes stress in the summer. Take a few minutes each day, maybe when you wake up, to practice mindfulness. Step outside, take a breath and be present, notice the green grass, the breeze on your skin and the sound of birds.



Wear sunscreen:

- Use sunscreen on a daily basis, whether the sun is out or not, to protect yourself from the strong UV rays we experience during the summer months. Sunscreen can help prevent sunburn, skin cancer and premature aging to keep us looking (and hopefully feeling) young!
- Vitamin D is vital to keep bones, teeth and muscles healthy. Did you know that allowing your skin exposure to the sun's rays produces vitamin D? Try and allow yourself to have some exposure to the sun without sunscreen to allow this to happen.

Hygiene is key:

- Warmer weather may mean we sweat more and even start to smell. A simple way to prevent this is to stay clean by showering regularly and trying to keep cool whenever you can.



HAY FEVER

Hay fever is an allergy to different types of pollen, which can leave you feeling a little under the weather in summer, when pollen levels are often at their highest.

Unfortunately, there is no cure for the pesky hay fever, and you can't prevent it. Many opt for popping hay fever tablets each morning when they know the pollen count will be high. There are other things you can do to ease the symptoms:

DO:

- ✓ Put Vaseline around your nostrils to trap pollen before it goes up.
- ✓ Wear sunglasses to stop pollen getting into your eyes.
- ✓ Shower and change your clothes after you have been outside to wash the pollen off.
- ✓ Keep windows and doors shut while inside.
- ✓ Download an app and track how you feel to determine which pollen you are most sensitive to and monitor which days are particularly high in that pollen.

DON'T:

- ✗ Cut grass or walk on grass.
- ✗ Keep fresh flowers in the house.
- ✗ Smoke or be around smoke – it makes your symptoms worse.
- ✗ Dry your clothes outside.



WORLD BREAST- FEEDING WEEK



WABA | WORLD BREASTFEEDING WEEK 2022

1st - 7th AUGUST

This year World Breastfeeding Week highlights the important role breastfeeding plays in encouraging a more sustainable and healthier world.

Breastfeeding can reduce malnutrition, provide food security and reduce inequality between and within countries.

HOW?

Reduces poverty

Breastfeeding is often more affordable than bottle feeding so families on a budget can still afford to feed their babies.

That said, it must be recognised that breast feeding isn't as simple as it looks. A lot of perseverance is required and, even with that, the milk supply may not be enough.

Good health and wellbeing

Breast milk provides high quality nutrients and energy to prevent malnutrition in babies. It may also contribute to the improved health of mothers, both short and long term, e.g., weight loss and reduced risk of breast cancer. However, within the UK due to the tight regulations, formula feed is also very nutritious and provides all the vitamins and minerals a baby needs to grow and develop.

Breastfeeding is a great way to look after the planet, but it is also important to look after yourself...

Having a new-born can be wonderful but it can also be very tiring. It is super important to look after yourself to make it easier to care for your baby. A good place to start is eating well as this will not only benefit you but also benefit your child if you choose to breastfeed as small amounts of what you eat or drink pass to your baby through your breast milk.

You don't need to eat anything special or out of the ordinary while breastfeeding, but, as for everyone, it is a good idea to eat a healthy and balanced diet by following the Eatwell Guide. Find out more [HERE](#).

Despite this advice, there are still some common myths about breastfeeding and your diet:

'I should avoid peanuts'

Peanuts are a common allergy in the UK and many mothers believe that these foods should be avoided while breastfeeding. The truth is avoiding foods does not reduce your baby's chances of developing an allergy. If you usually eat peanuts or foods containing peanuts such as peanut butter, it is safe to continue – unless, of course, you are allergic to them.

However, if you have a family history of food allergy then your baby may be at an increased risk, and you may wish to discuss this further with your GP, midwife, or health visitor.

'I need to take multivitamins'

Everyone, including breastfeeding women, is advised to take a daily supplement containing 10 micrograms of vitamin D during the months of October – March to protect bone health.

You should get all the other vital vitamins and minerals from consuming a healthy and balanced diet.

'I can't eat fish'

Including fish in your diet is important for your baby's health. You do not need to limit the amount of white or canned tuna while you are breastfeeding, if they are part of a healthy, varied diet. Fish

provides a source of protein, vitamins, minerals, and essential omega-3 fats. However, consider the following:

- Do not eat more than one portion of shark, swordfish or marlin a week (this advice is the same for all adults).
- Do not eat more than two portions of oily fish a week (salmon, mackerel, sardines, trout, herring, pilchards or sprats).

Q&A

Q: I am currently breastfeeding, when should I start complementary feeding?

A: Complementary feeding is when you start introducing solid food to your baby.

Infant weaning can happen at different stages, but most commonly they start to show signs they are ready at around 6 months. However, this can also be a little before or after the 6 month marker.

There are 3 clear signs for when your baby is ready to wean...

- They are able to stay in a sitting position and hold their head steady
- They can coordinate eyes, hands and mouth, e.g., pick up finger food and put it in their mouth
- They swallow food rather than spit it out – if your baby is not ready they will push their food back out.

CYCLE TO WORK DAY

HEALTHIER BODY

4th AUGUST

Cycling to work is not easy for many of our employees...

...with military sites often being quite remote ...oil rigs being surrounded by water ...government sites being in the hustle and bustle of the big city ...and working from home now more common, leaving individuals with no commute. For these reasons, on August 4th we encourage you to

increase your activity levels in whichever way best fits you! Here are a few ideas:

- Walk round your block before sitting at your work from home desk
- Park further away from your office
- Get off the bus, tube or train a stop earlier and walk the rest of the way


**CYCLE TO
WORK DAY
.ORG**

TAKE CONTROL OF YOUR APPETITE

WELLNESS WEBINAR

HEALTHIER BODY

Can't stop reaching your hand into that packet of crisps?

Or piling your plate after a long day at work? It's time to take control of your appetite and stop overeating!

Tune into our wellness webinar to get top tips to help you stop overeating. Click [HERE](#) to join on **Wednesday 3rd August at 14:30**.

Q&A



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

Q: I am trying to watch my weight, but often socialising with friends involves alcohol. What tips do you have to keep a check on the number of calories I'm consuming while still having a good time?

A: For those of us over 18, summertime often means we find ourselves in a beer garden enjoying the long summer nights with a glass of wine or pint of beer in hand or sipping a cocktail by the pool. This sounds lovely and relaxing, however, as mentioned, alcohol contains calories – 7kcal per ml in fact! This is almost double that of carbohydrate (4kcal/g of food).

If you're watching your weight but want a 'social' drink with friends, try the following:

- Opt for the lighter varieties of beer
- Ask for diet or sugar free mixers
- Choose shandies with diet lemonade
- Top up your wine with a spritz
- Factor your drink into your calorie intake, so you don't topple into a positive energy balance which over time may lead to weight gain
- Consider your eating habits later into the evening or the next day when you may be craving takeaways which are often high in kcal.

ASK YOUR NUTRITION SPECIALIST & WELLBEING PARTNERS

WELLNESS

Ask anything to do with nutrition, health and 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
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WELLNESS



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