

HELLO

and welcome to the March issue of our Wellness Newsletter.

MARCH 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

March marks the start of spring, offering fresh ways to stay healthy. The extra daylight gives us more opportunities to take our exercise outdoors; whether it's an after dinner walk or an early morning run, longer days and warmer temperatures are perfect to get you out!

The Great British Spring Clean encourages you to open your window and let the sunshine in while you declutter and organise your home. Your bedroom may be a good place to start... being woken up by sunlight is one thing that may affect your sleep - other sleep issues are highlighted on **World Sleep Day**.

Aim for a spring-cleaned diet too! Shake off the cobwebs of your winter warming diet for a dose of fresh spring produce - peas, asparagus, kale and rhubarb; and shake off the habit of adding salt to your food to support **Salt Awareness Week**.

This month also includes articles on **Earth Hour**, **No Smoking Day** and **Nutrition and Hydration Week**.

Health and Wellbeing Initiatives in March:

- **Salt Awareness Week**
14th-20th March
- **The Great British Spring Clean**
25th March-10th April
- **Earth Hour** - 26th March
- **No Smoking Day** - 9th March
- **Nutrition and Hydration Week**
14th-20th March
- **World Sleep Day** - 18th March

SALT AWARENESS WEEK

14TH-20TH MARCH

Shake the Habit!

We know we need to reduce our salt intake to improve our health and reduce the risk of heart attacks and strokes but reducing your salt intake can be harder than it seems. Seasoning your food with other spices and removing salt from the table can be beneficial. But did you know that 75% of the salt we consume each day is already in packaged and pre-prepared foods?

This year the campaign asks the food industry to shake their salt habit and reduce the salt content of foods on our supermarket shelves, so we can live longer and healthier lives.



In the meantime, you can reduce the salt in your diet by following these tips:

- Choose low salt varieties of your favourite condiments, e.g., ketchup or barbeque sauce.
- Make your own pasta sauces to avoid the added salt in jars.
- Swap your sandwich fillers – cook a whole chicken to use throughout the week and avoid processed meats.
- Choose fresh meat over processed meat, e.g., steak over mince, pork over sausages or gammon.
- Choose legumes for your plant-based proteins, e.g., beans, pulses, lentils, chickpeas.
- Compare the salt content of your foods using nutrition labels.



GOOD NEWS STORY!

Kraft Heinz, famously known for their beans, soup and ketchup, has implemented strategies to lower sugar and salt in their products since the mid-1980s. The manufacturer employs two key strategies:

Doing good by stealth

This involves slowly lowering the salt content in their products, slow enough that the consumer will not notice the changes.

- E.g., since the mid-80s, Heinz has taken 52% of salt out of its standard Heinz baked beans and reduced salt levels by 40% in its tomato ketchup.

Innovation and consumer choice

This strategy helps offer consumers more choice. The company has developed 'salt reduced', 'no added sugar and salt' and '50% less sugar' versions of the classics.

- E.g., standard ketchup contains 1.8g of salt per 100g but the 50% less option contains 0.9g salt per 100g.

NUTRITION & HYDRATION WEEK

14TH-20TH MARCH

Around 3 million people are at risk of malnutrition in the UK.



We need to raise awareness of the risks and promote good practices that can help prevent malnutrition and dehydration. We encourage you to take care of your health while at work. Focusing on these three key goals will help you achieve this:



Have breakfast and try not to skip meals

Ensure your breakfast provides you with a starchy wholegrain carbohydrate and a source of protein - this will help to maintain your energy levels and make you feel fuller for longer. Also try and include a portion of fruit or veg with your breakfast where possible.

Examples include:

- Oats or whole-wheat cereal with semi-skimmed milk and dried fruit.
- Wholewheat bread with eggs or beans and spinach.
- Banana and nut butter on wholewheat toast.

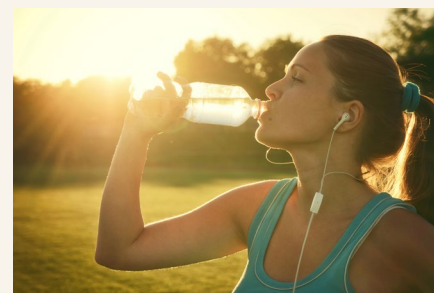
Try not to skip meals - skipping meals may lead to a dip in our energy levels. Low energy levels can affect our mood and concentration, this can affect our food choices later in the day.



Get your 5 a Day

Try to incorporate one or two portions of fruit or vegetables into each of your meals to make this easier to achieve.

Any fruit and vegetable counts - no matter if it is frozen, fresh, dried, canned or juiced (although try and limit juice and smoothies to no more than 150ml a day).



Drink plenty

It is recommended to consume 6-8 glasses of fluid a day.

Although coffee can be an easily accessible and sociable drink at work, you should try to limit the amount of caffeine you consume. Too much caffeine can contribute to dehydration and increased anxiety.

It is suggested to limit caffeine to 400mg/day (200mg/day if you are pregnant). Find out how much caffeine is in some popular drink choices below:

Drink	Amount of caffeine per cup (mg)
Decaf coffee (200ml)	3
Hot chocolate (200ml)	19
Green tea (200ml)	20
Espresso shot (25ml)	27
Can of cola (330ml)	40
Black tea (200ml)	45
Instant coffee (200ml)	82
Brewed coffee (200ml)	95

THE GREAT BRITISH SPRING CLEAN

HEALTHIER WORLD



25TH MARCH - 10TH APRIL

The Keep Britain Tidy 'Great British Spring Clean' campaign encourages you to:

- **Cut litter** – this is more than simply picking up litter but instead inspires people to eliminate litter by opting for recyclables such as a reusable water bottle.
- **End waste** – waste is everyone's problem, and everyone has a role to play. The little things we can all do will make a big difference. Recycle plastic bottles and reduce food waste by menu planning and only buying what you need.
- **Improve public places** – from street to sea, Keep Britain Tidy has volunteers aiming to improve the environment on their doorstep.

But let's not stop at our doorstep, let's take the opportunity to brighten our homes this spring too!

Regardless of how much time we spend in our homes, they still are influential on how we live our lives. For those who are working from home, a clean home can allow us to have a clear mind and be more focused; if you work away, it means returning to a calming environment where you can relax and allow the stresses of the day to go away.

There are many reasons for taking part in the spring clean, but most importantly it will benefit you both physically and psychologically. A clear and tidy home encourages your mind to stay organised and focused. Further, without seeming like it, cleaning is exercising which helps to release endorphins to boost your mood too!

Some things you could try to lighten up your home for the spring include:

- Moving your furniture around to allow more sunlight and air to flow through.
- Throwing away old boxes.
- Giving away clothes you no longer need.
- Finally fixing the wardrobe door.
- Cleaning out fridges and removing old food which can release toxins like mould and bacteria which can be harmful for our health.

By the end of the week there is hope that everyone will feel the satisfaction and thrill of having achieved something. So, make a change today and have a spring clean to restore yourself and your environment to a healthy and stable place.



EARTH HOUR

HEALTHIER WORLD

8.30pm, 26TH MARCH

What will you be doing to support Earth Hour at 8:30pm on Saturday 26th March?

Join millions of people in more than 190 countries and territories by switching off your lights to show support for our planet.

This hour goes beyond the iconic action to switch off the lights. It's so much more than that. It's a symbol of unity, hope, power and collective action to protect nature. Nature is not only our biggest provider but it is also important to fight against the climate crisis.



NO SMOKING DAY

HEALTHIER BODY

9TH MARCH

One, five, ten or twenty-four cigarettes per day – no matter how many cigarettes you smoke, your health will start to improve as soon as you quit.

Benefits can be seen almost immediately. For example – twenty minutes after smoking your heart rate will start returning to normal.

But, saying we will stop smoking is easier said than done. It's important that you obtain the correct support and resources which will allow you to succeed.

Looking for support?

- **Get daily email support** – 28 days of stop smoking advice and tips – delivered straight to your inbox. Sign up [HERE](#).
- **Find your online community** – join others going through the same thing in a friendly and supportive environment. Join the Quit Smoking Support Group on Facebook [HERE](#).
- **Talk to someone** – call the free **Smokefree National Helpline** on **0300 123 1044** to talk to a trained adviser for advice and support.



WORLD SLEEP DAY

18TH MARCH

Quality Sleep. Sound Mind. Happy World.

1 in 3 of us suffer from poor sleep, with stress, computers and working from home taking much of the blame.

Lack of quality sleep can have an impact on your day-to-day life. It affects how you feel physically, mentally and emotionally.

This will impact your productivity, decision-making skills and relationships. In the long-term, lack of sleep can be detrimental to health.

Sleep helps balance hormones, plays a significant role in repairing your heart and blood vessels and helps your brain to learn and remember.

We may not be able to control what happens when we sleep, but we can control what we do during the day to help enable better quality sleep.

THE IMPORTANCE OF SLEEP



WELLNESS WEDNESDAY WEBINAR

JOIN OUR WELLNESS WEBINAR ON WEDNESDAY 2ND MARCH AT 14:30.

Click [HERE](#) to find out why sleep is so important for our health, plus Heidi Wright, ESS Nutrition and Wellbeing Engagement Officer, busts some common sleep myths, links between sleep and our health, and she shares her top tips to get a good night's sleep.

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!

Q: Should I be taking multivitamin supplements?

A: Most multivitamin supplements contain 100% of the recommended daily allowance so they may seem like an easy way to get all your vitamins and minerals. However, in addition to the foods you are consuming in your diet you may be consuming more than needed.

As well as health implications relating to deficiencies of nutrients, there can be negative implications of consuming too much. For example, too much Vitamin A, especially while pregnant, can be harmful – it can result in birth defects, liver toxicity and can lead to bone or vision problems.

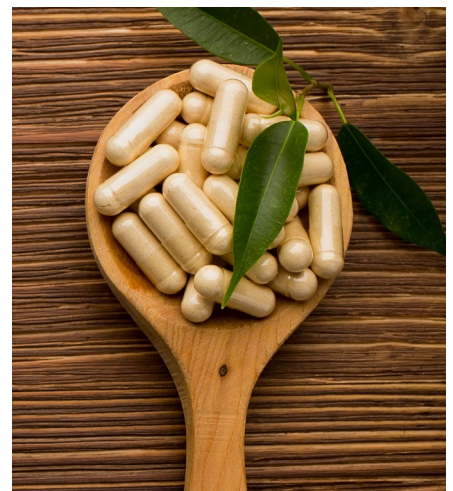
For this reason, it is best to focus on achieving a healthy and balanced diet to obtain a variety of different vitamins and minerals. A food first approach also provides us with fibre which plays a crucial role in digestion to prevent constipation and acts as a prebiotic to support a healthy gut.

There are some exceptions. For example, those with dietary restrictions

may need supplements for a specific nutrient if it cannot be consumed in the diet. This can be confirmed by a qualified nutrition or medical professional if you're unsure.

Also, certain groups of people are advised to take specific supplements:

- Children aged 6 months to 5 years are recommended to take vitamin supplements containing vitamins A, C and D every day.
- Pregnant women or women wanting to get pregnant are recommended to take 400 micrograms of folic acid every day – from before becoming pregnant until 12 weeks.
- Finally, in the UK it is advised that everyone supplement 10 micrograms of vitamin D in the winter months due to lack of sunlight. If you do not go outside often, cover your skin or have darker skin it is recommended to supplement vitamin D throughout the year.



Q: What are the benefits of eating in season?

A: As the weather changes so does the fresh produce that is available. Each season offers an array of beautiful, fresh produce.

There are many benefits of incorporating more seasonal fruits and vegetables into your diet:

- **Tastes better** - fruit and vegetables naturally ripened on the vine or the tree and harvested at the right time have more flavour.
- **Cheaper** - travelling expenses and storage are not required therefore reducing the production costs.

- **Higher nutritional value** - fruits and vegetables that are stored for long periods of time due to transportation or to be used at a later date have a reduction in nutrient content.
- **Environmentally friendly** - supports local farming in your area which means less transportation, less refrigeration, less hot houses, and less irradiation of produce.

In season in March:

Beetroot, cabbage (green, spring greens), leeks, mushrooms, parsnips, purple sprouting broccoli, rhubarb and spring onions.



Have you got any burning questions related to nutrition, health and wellbeing?

Maybe you've seen something on the news you're unsure whether to believe it or not? Send any questions you have to:

ess.wellness@compass-group.co.uk

We are always happy to answer them.

WELLNESS

ASK YOUR NUTRITION & WELLBEING SPECIALIST

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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