

Health and Wellbeing Newsletter

18th March 2019

How to cut down on sugar



Sugar is often hidden in, or added to food that we eat every day. This means we often consume way above the recommended 7 teaspoons or 30g a day (this includes natural and added sugars in food and drink).

Reduce your intake by adjusting your breakfast



Swapping a bowl of sugary breakfast cereal for plain cereal could cut out 70g of sugar (up to 22 sugar cubes) from your diet over a week. This could help you reduce your calorie intake and unwanted body fat.

Even savoury foods are high in sugar



One third of an average-sized jar of pasta sauce (roughly 150g) can contain more than 13g of sugar which is the equivalent of 3 teaspoons of sugar. Make your own using tomatoes and herbs for a lower sugar option.

Avoid snacks with added sugar



Easily accessible snacks such as biscuits are often high in sugar. Try snacks that have no added sugar, such as fruit (fresh, tinned or frozen), unsalted nuts, unsalted rice cakes, oatcakes, or homemade plain popcorn for a healthier option.

Be aware of hidden sugars



Even condiments and sauces such as ketchup can have as much as 23g of sugar in 100g which is roughly half a teaspoon per serving. These foods are usually served in small quantities and go unnoticed, but the sugar count can add up if eaten every day.

Don't drink all your sugars



It's easy to drink your whole daily sugar in take when having soda and other beverages. Try diet soda, water with a slice of lemon, lime, or a splash of no added sugar fruit juice for a low sugar alternative. But watch out- even some 'healthy' labelled flavoured water drinks are full of sugar. A 500ml glass of some brands contains 15g of sugar – nearly 4 teaspoons of sugar!

Events, courses and campaigns

Physiotherapy Workshop



The Oh Physiotherapy team are offering **FREE** workplace visits to CUH departments.

The session includes an 15 minute educational talk on how to avoid and treat Musculoskeletal issues. Followed by drop-in consultation sessions for all CUH staff members. The consultations will consist of advice, guidance and possible pathways to treatment if needed.

To book an Physiotherapy workshop in your department (please note sessions will have to be on an Wednesday afternoon from 2pm onward- unless at least 3 months' notice is given) please contact the Oh [Staff Health & Wellbeing](#) team by emailing staffhealth.wellbeing@addenbrookes.nhs.uk.

The Psychological Wellbeing Service



PWS offer Cognitive Behavioural Therapy for anxiety (including panic and post-traumatic stress), depression, stress, obsessive compulsive disorder and low self-esteem for people who live in or around Cambridgeshire and Peterborough.

Options include personal therapy (face-to-face, telephone or through instant messaging), computerised CBT, guided self-help and telephone support. Further details can be found on the poster downloadable [here](#).

For more information on Psychological wellbeing services near you please see: <https://www.ohwellbeing.com/>

Taking up a hobby you enjoy can improve your emotional wellbeing



Campus Sound is an a capella singing group covering the whole Cambridge Biomedical Campus, and is looking for new members.

Whether you are a complete beginner or an experienced singer, they'd be delighted to see you. There are no auditions and no need to read music!

Running (two sessions) every Monday: at 6-7:30pm & 8-9:30pm in the David Dunn Suite. For more info please contact: addenbrookeschoir@gmail.com
