

# Health and Wellbeing Newsletter

20th May 2019

## Healthy snack ideas



It can be easy when you are busy to end up working on an empty stomach. Here are some great healthy snacks that you can take to work and snack on during your breaks and quiet moments.

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## A handful of nuts

Nuts are arguably one of the best snacks due to their fat and fibre content which will keep you going until your next meal. But, make sure you're not snacking on flavoured nuts high in sugar or salt. Try to measure out one portion and take it to work in a food container to avoid eating a whole bag while working.



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## Greek yoghurt

Low fat or fat free Greek yoghurt is full of protein and helpful probiotics that help keep your gut healthy and your bowels regular. Have a sweet tooth? Add some fruit to your low fat Greek yoghurt to add sweetness.



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## Wholegrain crackers with low fat cheese

Try having wholegrain crackers with low fat cheese on top instead of cheese flavoured crackers to reduce your fat and salt intake while still having an easy snack in between meals. You could mix it up by using rice cakes instead. For a sweet option try a topping like peanut butter.



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## Fresh fruit

A piece of fruit will give you slow release energy thanks to the natural sugars as well as lots of get nutrients and vitamins. Plus it helps you in reaching the recommend 5 a day.



## Homemade snack mix

Switch out biscuits or chocolate bars for a homemade snack mix. You can use your favourite nuts, seeds and either, a small amount of dark chocolate chips or dried fruit to create your own sweet snack. Make up a batch for the week and separate portions in a sandwich bag ready for each working day to save money and to stop over eating.



## Veggies with salsa or low fat dip

Snacks do not have to be sweet. Why not prepare some carrot, pepper, celery or cucumber sticks and take them to work along with an low fat hummus or salsa dip for a yummy and refreshing snack that keeps your hands and mouth busy for a while.





# Events, courses and campaigns

## Talk to Us, We're Listening

CUH would like to set up a disabled staff network to improve the experience of disabled colleagues working at CUH. If you are interested, please join CUH for an engagement event for disabled staff and allies with Sally Ward, from Purple Space.

PurpleSpace

Date: Monday 3rd June. Registration from: 10:30 Event running from 11:00 to 15:00 (lunch included) in the Sheila Adams Garden Room, Deakin Centre.

Contact [monica.jacot@addenbrookes.nhs.uk](mailto:monica.jacot@addenbrookes.nhs.uk) to book your place, refreshments are provided. Please advise us when booking of accessibility and dietary needs.

## Free weight management Programme

Everyone Health offer a weight management programme to help you lose weight. They are FREE to those aged 16 and older who are overweight. The groups run once a week for 12 weeks and each session lasts for 90 minutes. You can join at any time as groups run on a rolling basis. There are usually 10-15 people per a group who are also looking to lose weight and feel healthier.

To find out more and sign up please see the [Everyone Health Website](#).



## Health trainers

Everyone Health also offer a Health Trainer service which provides one-to-one healthy lifestyle support. The service is free to people aged 16 and older who live in Cambridgeshire and wish to make a healthy lifestyle change. Health Trainers can support people for up to 12 months.

To find out more and sign up please see the [Everyone Health Website](#).

