

# Health and Wellbeing Newsletter

6th May 2019

## Tips to a balanced diet



Eating a balanced 'healthy' diet can seem to be a daunting challenge, but it doesn't have to be. By making small adjustments to your meals you can get the most out of your diet.

### Eat high fibre carbohydrates

Starchy carbohydrates should make up just over 1/3 of the food you eat, with at least one starchy carbohydrate within each main meal.

Examples of starchy carbohydrates are potatoes, bread, rice, pasta and cereals.

Choose a higher fibre or wholegrain varieties, such as brown rice or wholemeal bread to help you feel full for longer.



## Add veggies and snack on fruit

Try to have 5 (fruit & veg) a day by adding veggies to every lunch and dinner.

Why not add salad to your lunch and roasted or steamed vegetables to your dinner? You can also add fruit to your breakfast for a naturally sweet treat.



## Eat more fish

Fish is a good source of protein and contains vitamins and minerals.

Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish such as salmon and sardines.



## Cut down on saturated fat

Too much saturated fat can increase the amount of cholesterol in the blood.

Try to cut down on your saturated fat intake by eating unsaturated fats instead, such as using vegetable or olive oil, or try reduced-fat spreads instead of butter, lard or ghee.



## Watch out for sugar

Hidden sugars are often added to many foods such as fizzy drinks, breakfast cereals, cakes and sweets.

Try reducing your intake by doing small swaps, such as to diet or sugar free fizzy drinks and no added sugar juices.



## Keep an eye on your salt intake

Eating too much salt can raise your blood pressure. Adults should eat no more than 6g of salt (about a teaspoonful) a day.

About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces.

Try to be mindful of your total salt intake by checking food labels.





# Events, courses and campaigns



## Mental Health Week at CUH

13th-19th May 2019

### Mindfulness workshops

30 minute sessions, you are welcome to bring your lunch with you.  
You can attend both sessions back to back if you wish.

Monday 13th May:

Recharge & Refocus 1:30pm Alice Fisher Lecture Theatre

Strengthen Resilience 2pm Alice Fisher Lecture Theatre



### Drop-in Meditation sessions

Come and enjoy the benefits of Mindfulness of Breathing Meditation or  
Loving Kindness Meditation within the buzz of working life.

Mondays 12.15pm-12:45pm Rosie Seminar Room 5

Thursdays 7.15am-7:45am Rosie Seminar Room 5



### Mental Health and working life, a talk by CUH staff with lived experience.

Meet Time to Change Champions Chris, Elisse and Lily, and hear their  
experiences of mental health while working. Attend to learn ways to support  
your own mental health as well as the mental health of others at work.

Friday 17th May 7:30am-8:30am. Talk and Q & A.  
Alice Fisher Lecture Theatre



**All events are FREE**

**No need to book just turn up!**

Look out for the **new leaflet stand** in the concourse staff eating area.  
To find out more about the events and resources available to you just visit:

# Bringing Our Awareness Back to Nature



Bedfordshire  
Cambridgeshire  
Northamptonshire

Explore your relationship with nature led by Claire Thompson,  
author of Mindfulness & the Natural World

5 session course  
of mindfulness,  
walks, games &  
reflections



Join our  
taster  
sessions on  
27th April

May-June 2019

Trumpington Meadows  
Nature Reserve, Grantchester

More info:

[www.mindfulness-of-nature.com](http://www.mindfulness-of-nature.com)