

Health and Wellbeing Newsletter

17th June 2019

Alcohol: are you aware of the hidden calories?



With a pint of Lager containing the same amount of calories as a slice of pizza, the calories in alcohol soon add up. You might be surprised to find out how many calories there are in alcohol that could be contributing to weight gain. Keep reading to find out more.

Do you know which alcoholic drinks are the lowest calorie options and which are the highest when drinking?

Drink	Volume (ml)	ABV (%)	Units	Calories	Calories a unit
Champagne	125	12.0	1.5	89	59
Spirit	25	40.0	1.0	61	61
Wine	175	13.0	2.3	159	69
Beer	568	4.0	2.3	182	79
Cider	568	4.5	2.6	216	83
Beer	330	5.0	1.6	142	89
Alcopop	275	4.0	1.1	170	155

- We often drink wine with a meal. But did you know that a large glass of wine (250ml) can add 228 calories to your dinner? That's similar to an ice cream.
- A standard glass of red or white wine (175ml) could contain up to 160 calories, similar to a slice of Madeira cake.
- A bottle of 13% ABV wine shared between two could still mean you are consuming 340 calories each, that's the equivalent of a chocolate croissant each.

Alcohol has a lot of empty calories.

What empty calories means:

Because alcohol is made from sugar or starch, it contains lots of calories.

Calories from alcohol are 'empty calories', they have no nutritional value. Most alcoholic drinks contain traces of vitamins and minerals, but not usually in amounts that make any significant contribution to our diet.

Drinking alcohol also reduces the amount of fat your body burns for energy. While we can store nutrients, protein, carbohydrates, and fat in our bodies, we can't store alcohol. So our systems want to get rid of it, and doing so takes priority. All of the other processes that should be taking place (including absorbing nutrients and burning fat) are interrupted.



What does 1 unit of alcohol look like?



Don't forget to stick to 14 units spread out across the week. Try to have some drink free days too, these make it easier to stick to your 14 units a week. The free drinkaware app is an easy way to track the units and calories in your drinks so you can cut back.



Events, courses and campaigns

'It's not just you' support group



Run by staff; 'It's not just you' is a friendly group for staff with mental health issues or have family/friends with mental health issues. The group discusses coping strategies, lifestyle changes, sources of help, other topics related to mental health and occasionally has expert speakers on varying topics. With line manager's agreement, staff can attend in working time.

For more information, please contact monica.jacot@addenbrookes.nhs.uk

Dates for 2019:

1pm-2pm in room 12 in the Deakin Centre:

Date	Start time	End time	Location
July 1, 2019	1:00 pm	2:00 pm	Meeting room 12 Deakin Centre
August 6, 2019	1:00 pm	2:00 pm	Meeting room 12 Deakin Centre
September 5, 2019	1:00 pm	2:00 pm	Meeting room 12 Deakin Centre
October 3, 2019	1:00 pm	2:00 pm	Meeting room 12 Deakin Centre
November 7, 2019	1:00 pm	2:00 pm	Meeting room 12 Deakin Centre
December 5, 2019	1:00 pm	2:00 pm	Meeting room 12 Deakin Centre

Aromatherapy treatments offer

First Treatment 1/2 price below

Qualified & Insured Therapist / Member of FHT & WMA

Crystal Healing £40

Indian Head Massage £26

Holistic Facial Massage £25

Aromatherapy Massage £40

Reflexology and Hopi Ear Candles coming soon!

Medical history will be taken so an extra 30 minutes will be needed on top of treatment time

Life Coaching (prices vary please see website)

Call Sue for more information and appointment on

07956 599 874

www.thehearthealer.co.uk



CUH staff member and qualified holistic therapist, Sue Bolton is offering treatments for half price for first treatments during June. Plus CUH staff will always get 25% off treatments. You can also book via FaceBook just search: 'SueTheHeartHealer'.

(Please note we do not endorse or recommend any form of holistic treatment as an alternative medicine and/or replacement treatment for any form of medical condition).