

NEW YEAR! NEW YOU!

You only need to make a few small lifestyle changes to boost your health.

Research has shown that employees are more likely to be more productive at work and feel better in themselves if they:

- Eat a healthy diet and stay hydrated
- Eat five or more servings of fresh fruit and vegetables on at least four days a week
- Exercise 30 minutes a day five or more days a week.

It's unsurprising really.

There's evidence that people who eat at least five portions of fruit and vegetables a day have a lower risk of heart disease, stroke and some cancers.

So let's get started!



SO WHAT'S MY FIVE A DAY?

Portion control is all...one portion is:

Small-sized fresh fruit: Two or more small fruit, e.g. two plums, two satsumas, two kiwi fruit, three apricots.

Medium-sized fresh fruit: one piece of fruit, such as one apple, banana, pear, orange or nectarine.

Large fresh fruit: Half a grapefruit, one slice of melon (5cm slice), one large slice of pineapple.

Dried fruit: Around 30g or one heaped tablespoon of raisins, currants or sultanas.

Tinned or canned fruit: About the same quantity of fruit you would eat for a fresh portion, in natural juice.

Green vegetables: Two broccoli spears or four tablespoons of cooked kale, spinach or green beans.

Cooked vegetables: Three heaped tablespoons of cooked vegetables, such as carrots, peas or sweetcorn.

Salad vegetables: 1.5 full-length celery sticks, a 5cm piece of cucumber or one medium tomato.

Tinned and frozen vegetables: Roughly the same quantity as you would eat for a fresh portion. For tinned, choose those canned in water, with no added salt or sugar.

Pulses and beans: Three heaped tablespoons of baked beans, haricot beans, kidney beans, cannellini beans, butter beans or chickpeas. However much you eat, beans and pulses count as a maximum of one portion a day.

Potatoes, yams, plantain: they don't count towards your 5 A Day; they are considered a starchy food.

5 A Day in juices and smoothies: Unsweetened 100% fruit juice, vegetable juice and smoothies can only ever count as a maximum of one portion of your 5 A Day. Watch out for drinks that say "juice drink" on the pack as they are unlikely to count towards your 5 A Day and can be high in sugar.

See also www.nhs.uk/Livewell/5ADAY/Documents/Downloads/5ADAY_portion_guide.pdf



TOP TIPS FOR YOUR 5 A DAY

- **Opt for fresh produce** in season as they are more likely to be locally grown, are value for money and often look and taste the best
- **Variety is important.** Different coloured fruits and vegetables contain their own combination of vitamins, minerals and fibre, so to get the most benefit, try to eat one portion from each colour group
- **Cut down on the sauces!** Even though fruit and vegetables are low in calories, remember that their calorie content is determined by what you prepare them with
- **Check nutrition information** on labels and



look out for the '5-a-day' logo: Vegetables contained in convenience foods such as ready-meals, pasta sauces and takeaway meals can contribute to your five-a-day but many of these foods may be high in added salt, sugar or fat

Nutrients in fruit and vegetables can be easily destroyed during food preparation and by heat, so **whenever possible eat raw.** When cooking vegetables, try steaming, microwaving, roasting or poaching rather than boiling

Keep your freezer and cupboards well stocked: Keep a supply of frozen and/or canned vegetables and fruits at home.

DRY JANUARY: A GREAT WAY TO START 2019



Dry January is the annual movement when millions of people give up alcohol for the month of January. **It's your January bootcamp!**

There are loads of reasons for taking part in Dry January, Here are just a few:

- You can reset your relationship with alcohol; you don't need it to have fun/de-stress
- New Year, new you - do Dry January and feel healthier and happier as you sleep better, your skin improves and you lose weight (58% who took part in 2018 lost weight)
- You'll save money (the average person spends £50,000 on booze in their lifetime)
- You'll get healthier - through giving up alcohol for a month you do your insides a lot of good.

What an amazing sense of achievement! When you sign up, there's an app with features like a calorie calculator, unit tracker and tool to show how much you've saved. There's also email support and you can raise money for charity too! Look at www.alcoholchange.org.uk/get-involved/campaigns/dry-january

Sources: NHS, British Dietetic Association, PHE, pdfs.semanticscholar.org/fbd1/6d9f3a7f805f417fbdaf95ee10afa193168.pdf, Alcohol Change, www.medicalxpress.com/news/2018-10-markers-dairy-fat-consumption-linked.html#nRlv