



NHS

Surrey and Borders
Partnership
NHS Foundation Trust

Recovery College Newsletter

Week 9: Nutrition

3rd June 2020



OUR MESSAGE FOR THIS WEEK

Welcome to issue number 9 of the Recovery College newsletter. Can you believe we are 10 weeks into lockdown? In some ways it feels like the weeks have flown by, in other ways it seems to have really dragged. For many people this is now feeling like the new normal and for others it is harder.

This week we are going to focus on keeping ourselves well through food. When speaking to the team it has been a challenge for some and an opportunity for others to rethink the way they look at food.

For Rebecca, a Recovery Coach at the Recovery College, it has been an opportunity to have a better routine as she is not doing her jobs outside of the College *“my daughter is home from Uni and loves to cook so she has been cooking meals at the same time and every afternoon I get a snack delivered to my desk at home”*.

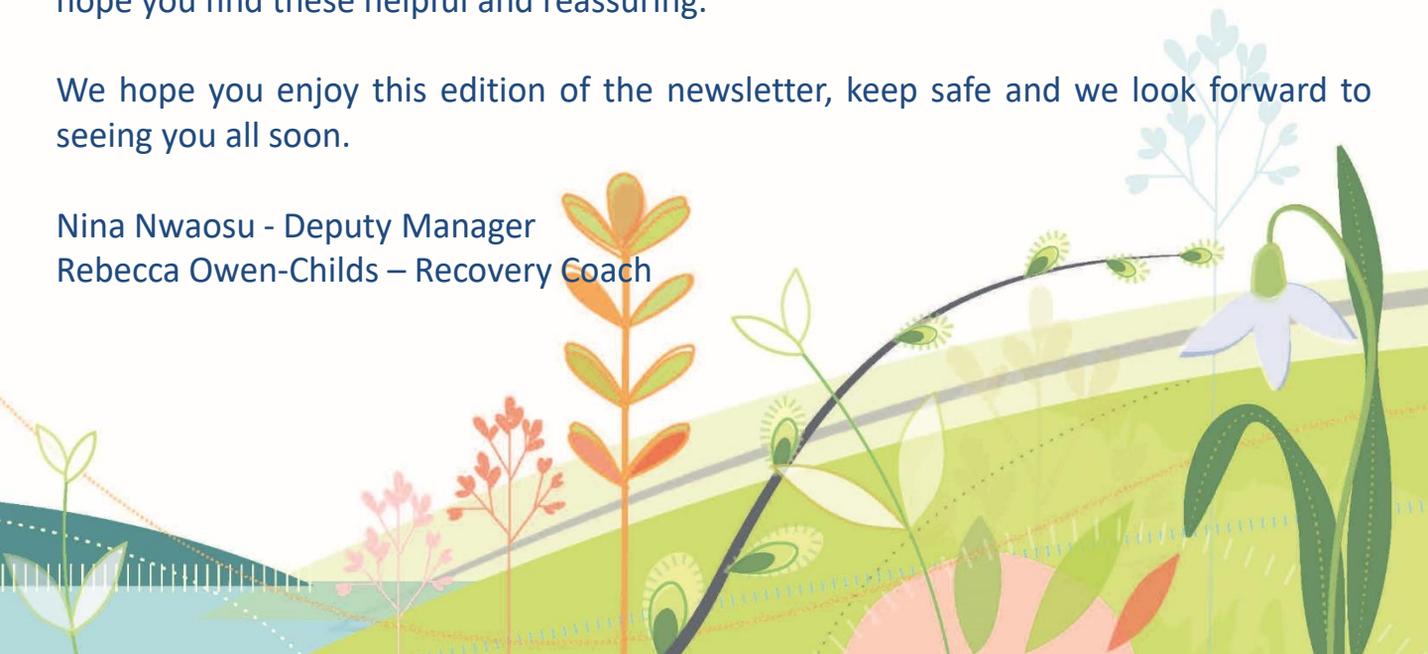
For Nina, the Recovery College Deputy Manager, it is the chance to go back to her Weight Watchers plan and try to increase the variety of the type of food she eats (moving away from lots of cheese and bread and trying to eat more fish).

When we discussed this as a team, a lot of us agreed that our snacking habits have really increased so many of us decided to try and reduce snacking (or snack on fruit) and it was generally felt that we could all benefit from drinking more water.

When compiling this newsletter we wanted to give you a chance to think about your eating habits and the food choices you make. We have included "bitesize" advice and hope you find these helpful and reassuring.

We hope you enjoy this edition of the newsletter, keep safe and we look forward to seeing you all soon.

Nina Nwaosu - Deputy Manager
Rebecca Owen-Childs – Recovery Coach





Eat at least 5 portions of a variety of fruit and vegetables a day

1 portion of oily fish every week, such as salmon or mackerel

Eat More Fish!



Keep an eye on salt & sugar intake



Drink water throughout the day – add low sugar cordial or juice to help

One third of your meal should be starchy ingredients



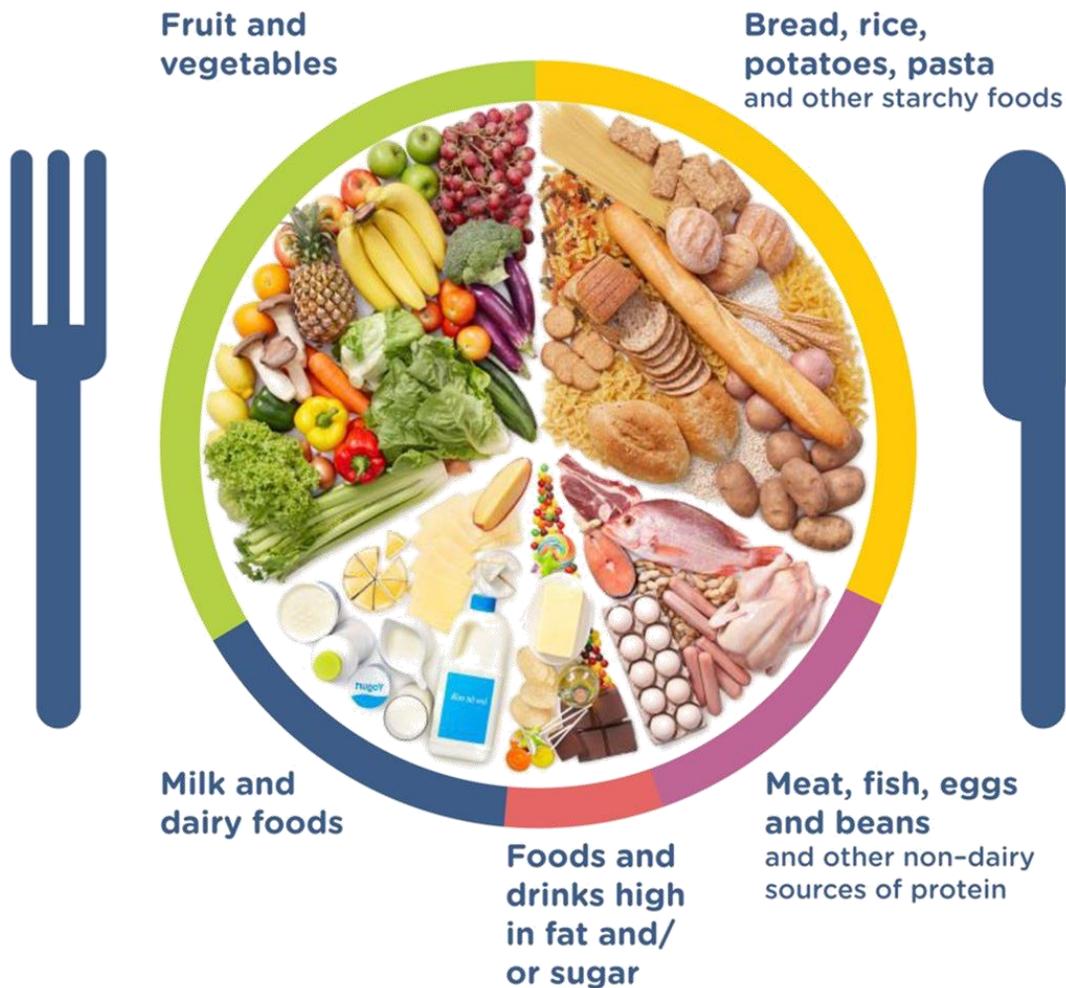
Try to eat more unsaturated fats than saturated fats (unsaturated fats include avocado, nuts and salmon).





THE EATWELL PLATE

You can use the Eatwell Plate to help you get the balance right with food. It shows how much of what you eat should come from each food group. You do not need to achieve this balance with every meal, but you should try to get the balance over a day or week.



You don't have to have anything from the section 'Foods and drinks high in fat and/or sugar'. However, if you do choose from 'Foods and drinks high in fat and/or sugar' then this tool helps you to work out how many of these additional 'treats' you could fit into your balanced food day.

WHAT DOES REGULAR EATING MEAN?

Regular eating means eating something every three to four hours and usually takes the form of three meals and two to three snacks every day:

- **7.00am Breakfast**
- **10.00am Morning snack**
- **1.00pm Lunch**
- **4.00pm Afternoon snack**
- **7.00pm Dinner**
- **10.00pm Evening snack**

WHY IS EATING REGULARLY IMPORTANT?

Because it provides a structured pattern of eating - Otherwise it leaves you susceptible to low or unstable blood sugar levels which can make you feel dizzy or irritable. This in turn is also likely to leave you feeling hungry and can prompt changes in metabolism that are designed to conserve energy and make you eat.

SNACKS Yes Snacks! They're important too!

Snacks are designed to bridge the gap between meals so that energy levels don't drop too low. Getting hungry can really lead to an increased likelihood of binge eating or over-eating. Snack options could include one or two biscuits or pieces of fresh fruit, some dried fruit and nuts, some crackers with cheese, a packet of crisps, a cereal bar or a yogurt. Remember the concept of a healthy balanced diet is to include a variety of foods throughout the day. Snacks can provide a useful time to top up on food groups that haven't featured so much at meal times.

MINDFUL EATING

Practicing a more mindful approach to eating can enhance the enjoyment of your meals, reduce overeating, aid good digestion, reduce anxious thoughts surrounding food, and improve your psychological relationship with food. It is impossible to truly enjoy eating (or food) whilst our attention is elsewhere.

[Click here](#) to hear the Recovery College Mindful Eating Mindfulness Session taken from our Recovery in ACTION Course and read by Wendy Smith, Senior Recovery Coach.

OUR COURSES

Courses are not currently running, but we are looking at new exciting ways to run courses remotely if the current situation continues for an extended period of time.

When our courses are back up and running, you can learn more about healthy eating, and specifically Binge Eating on the following courses:

- Managing Binge Eating

We'll let you know as soon as we have dates for running these courses again.

You don't have to be referred to become a student at the Recovery Colleges. We are open to everyone and all you need to do is enrol, which is really easy to do.

To become a student simply complete and return an enrolment form which you can get by contacting us. We would be delighted to see you at one of our courses and look forward to meeting you.

If you have any questions or need guidance on completing the enrolment form please get in touch and one of our team will be happy to help.

KEEPING IN TOUCH WITH THE RECOVERY COLLEGE

Facebook <https://www.facebook.com/recoverycollege.nehantsfarnham/>

Webpage <https://www.sabp.nhs.uk/our-services/recovery/recovery-college/>

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