

HELLO

... and welcome to our
March newsletter.

MARCH 2021

- EATING DISORDER WEEK ● SALT AWARENESS WEEK ●
- NO SMOKING DAY ● WORLD SLEEP DAY ● EARTH HOUR ●

Longer days, warmer weather and fresh starts all mark the start of spring.

HEALTHIER MIND

HEALTHIER BODY

HEALTHIER FOOD

HEALTHIER WORLD

March is the month for spring cleaning your lifestyle – not only decluttering your homes, but giving your health routine a spring clean too! Spring is the perfect time to re-evaluate your habits which may include a poor sleep routine, smoking or grabbing yourself some fast food more often than you would like. It's time to put yourself at the top of your to do list and consider dusting off your health and wellbeing.

March is jam-packed with campaigns to boost your knowledge and awareness in a host of different areas, starting with Eating Disorders Awareness Week (1st to 7th March) followed by Salt Awareness Week (8th to 14th March), No Smoking Day (10th March), World Sleep Day (19th March), World Oral Health Day (20th March) and, finally, Earth Hour on 27th March.

HEALTHIER MIND

HEALTHIER BODY

body dysmorphia
media control depression
anorexia low self-esteem
anxiety bulimia
eating disorder
mental illness
perfectionism guilt peer pressure
picky eating binge eating

EATING DISORDERS AWARENESS WEEK

1st - 7th March

A well-established myth is that eating disorders only affect teenage girls who look underweight... this is not true.



Eating disorders are not discriminative and can affect anyone, no matter your age, gender, cultural or racial background. The evidence is in the stats:

- 1.25m people in the UK are living with an eating disorder right now
- 25% of these are men, 75% women
- 1 in 50 of us will be affected by binge eating disorders in our lifetime
- 85% of people with eating disorders are not underweight

There are many forms of eating disorder but inevitably they are associated with the development of unhealthy eating habits, which may result in an obsession with food, body weight and body shape in isolation or in combination.

An eating disorder can develop at any stage in your life and could be triggered by a variety of factors, including life circumstances and stress.

These events can trigger certain eating habits such as reaching for energy dense foods to act as a coping strategy which, in the short term, give us that boost we are looking for – however, if we fall into a cycle of getting stressed or down and continue eating energy dense foods, it may easily spiral into an eating disorder.

This year, **Eating Disorders Awareness Week** is specifically focusing on binge eating – the most common form of eating disorder, but often the least understood. Binge eating can be typically defined as eating large amounts of food in a relatively short period of time, often with a feeling of lack of control during the binge episode. Binge eating is not about restricting calories, purging, being greedy or a lack of will power. It can result as part of a wider mental health issue, possibly as a coping mechanism. Many of those who suffer from binge eating suffer alone and binge in secret.

Eating disorders are often found alongside other problems including mental health conditions such as depression and anxiety, physical health conditions and drug or alcohol abuse. It is thought that nearly 50% of people with an eating disorder are abusing alcohol or drugs.

Not all eating disorders can be seen, so it is important to be mindful and not make assumptions around someone's eating behaviours or appearance, for example saying they are 'just' comfort eating or overindulging or that they are 'too skinny'. This just leads to

individuals feeling judged and can make them more afraid to seek help. It is suggested that only 1 in 4 receive the help and support they need to recover.

If you are wondering whether you or someone you know has an eating disorder, **Beat** is the UK's leading charity here to support you. Click **HERE** to visit their website for all the information you need, whether that's starting an important conversation with a loved one or help through your own treatment or recovery.

1. <https://www.beateatingdisorders.org.uk/how-many-people-eating-disorder-uk>

1.25 million
people in
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right now



WEDNESDAY WEBINAR

3rd March at 14:30pm

FAST FOOD NOT SO FAST!

Click **HERE** to join us this month as we discuss some of the health complications of fast food and how to make better choices when eating out. This webinar will be hosted by **Katrina Francis**, ESS Nutrition and Wellbeing Engagement Officer.

If you would like the link to our Wellness Wednesday webinars sent directly into your e-mail inbox, please e-mail: ess.wellness@compass-group.co.uk

HEALTHIER FOOD



HEALTHIER FOOD

HEALTHIER BODY



MORE FLAVOUR, LESS SALT

SALT AWARENESS WEEK

8th - 14th March

Table salt, sea salt, Himalayan pink salt or kosher salt – which one is best for us?

The bottom line is that they are all the same and should be consumed in moderation. The government guidelines highlight that we should consume no more than 6g of salt per day and, on average, adults in the UK are consuming 8.1g per day¹.

Whilst salt has been given a lot of bad press over the years, we do need some in our diet to maintain nerve and muscle function, as well as hydration. However, it is sodium, a mineral found in salt, that supports these functions. Sodium is naturally found in foods, hence why there is no need to consume extra salt or add salt to the food we eat.

As highlighted by the media, a high intake of salt can increase fluid retention and over time increases our risk of high blood pressure leading to a higher risk of strokes and heart failure – and it's not just our heart that is affected by a high salt diet.

High salt can also increase the rate at which calcium is lost from our bones – calcium is important for bone strength and a lack of it may lead to osteoporosis. It may also increase the risk of stomach cancer, as salt damages the stomach lining and causes lesions which, if left, can become cancerous.

A lot of the salt we consume is already hidden in the foods we buy off the shelves – in fact, it is estimated that 75% of the salt we eat is already in everyday foods such as bread, breakfast cereals, pre-made sauces and cured meats such as bacon². Whilst some occurs naturally in foods or has a practical role such as preservation, the majority comes from pre-made convenience foods. Therefore, the government is pushing industry to reduce the salt in foods by implementing salt targets for certain categories of food.

A good way to keep track of how much salt you are consuming is to check the labels. The below will help you figure out what is classed as low medium or high.

High	Greater than 1.5g per 100g or 1.8g per portion
Medium	Less than or equal to 1.5g per portion
Low	Less than or equal to 0.3g per portion

Whilst salt has long been an ingredient used to flavour food, it is not essential. A good way to try and reduce our salt intake is by cooking from scratch, as a rule of thumb, processed foods are higher in salt. The closure of restaurants and people spending more time at home during the pandemic has resulted in an increase in cooking from scratch. However a big pinch of salt is not the best way to flavour our foods – why not try something different...

We should consume no more than 6g of salt per day



We asked Matt Lord, one of our executive chefs, for his top tips on how to reduce salt without feeling flavour is compromised. Here's what he had to say.

Eating too much salt can cause raised blood pressure which can lead to increased risk of heart disease or stroke. Salt is essential in our diet but most foods we eat contain natural

sources of sodium, so it is best to avoid adding additional salt to your meal. Within ESS Defence, we do not add additional salt to any of the meals served in our dining rooms.



My top five tips for reducing salt are:

- 1. When shopping, be aware of what you are buying and read pack labels** – many products you would not expect to have salt in them, such as pre-made sauces, have extra salt added. Reduce your intake of processed foods and ready meals as these can be high in salt. Buy fresh and use fresh produce as much as possible.
- 2. Take it off the table!** Remove salt from your dining table so it is not to hand. If you have to add salt to your food, use natural sea salt which tastes 'saltier' than table salt, meaning that you add less. If dining out, always taste food in a restaurant before adding salt to it.
- 3. Use 'salt free' flavour enhancers to add more kick to your food.** Ingredients such as chillies, ginger, pepper, oregano, sage, rosemary and other herbs and spices can pack flavour into a dish so that it doesn't require additional salt.
- 4. If you regularly cook with salt, slowly wean yourself off it** – each time you prepare and cook a dish, slowly reduce the salt quantity until you get to zero. This way you will notice the salt reduction less than removing the salt completely straight away.
- 5. Look for balancing flavours in your food** – acidic and hot combinations, such as chilli and lime in a Thai curry, can hide the fact a dish is low in salt. Finish dishes with sour acidic flavours such as lemon or vinegar to make them more flavoursome.



We are proud to say we don't add any salt to our ESS defence recipes!

Bob Hayes, our Food Operations Support Manager, discusses the problems surrounding too much salt in our diet and the history of reducing salt in our ESS Defence recipes.

Coronary heart disease (CHD) is a major cause of death in the UK and worldwide. Heart disease costs the NHS in England £7.4 billion per year, with the annual cost to the wider economy being estimated at £15.8 billion¹. That is some statement to open with. Consuming too much salt contributes to these statistics as salt can increase the risk of heart disease. Reducing the amount of salt we consume has been at the heart of the ESS Defence recipes since 2009, when we took the decision to remove all additional salt from our recipes. At this time, the business was on a journey to introduce managed menus into our defence estate. Introducing managed recipes and set menus into sites which had the freedom to create their own recipes and menus in the past brought its own challenges. The added complication of removing salt from our recipes was met with some resistance in the early days. However, through training and education of our frontline teams, the Nutrition and Food Operations Team were able to demonstrate the benefits of reducing

salt in our diets without losing the great flavours of our food. Over the years and various contract mobilisations, and as people's knowledge and desire for healthier eating has increased, the resistance to change has diminished and our no added salt policy has become the norm.

Salt is present in about 75% of the ingredients used in our recipes – it is used as a preservative and for flavouring in many foods during processing and manufacturing. The recommended maximum salt intake for an adult per day is 6g (about a teaspoonful) and everyday ingredients such as bread, cheese and bacon all are relatively high in salt. For example, if one of our customers eats three core meals per day and has the allotted amount of bread with each meal, they will consume 50% of their daily salt allowance just from the bread accompanying those meals. Our no added salt policy helps reduce the salt intake and aids us in being contractually compliant with the Military Dietary Reference Values (MDRVs). To date, ESS Defence is using

a bank of 3,500 recipes and 72% of those recipes are not high in salt (classified as low or medium).

In addition to the removal of salt from our recipes, we have been supported by our supply chain who work closely with our suppliers to improve our ingredients and reduce their salt content. One such measure was to redesign the salt sachets and reduce the amount of salt in them by 1g per sachet, which removed 8 tonnes of salt from the Compass supply chain. We continually look for ways to improve the health of our recipes, from sourcing ingredients with healthier profiles to ensuring recipes are followed and displaying Reference Intake (RI) labels in our Junior Ranks Messes to enable our customers to make healthier informed choices. One thing that should be remembered is that you can always add salt to food, but you cannot take it out – by ensuring salt is available to our customers, they have the choice whether to add it or not.

ESS Defence is using a bank of 3,500 recipes and 72% of those recipes are classified as low or medium

1. Public Health Matters 14th Feb 2019
 2. Public Health England: National Diet and Nutrition Survey: assessment of dietary sodium adults (19 to 64 years) in England, 2014
 3. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sodium-sources>

#NoSmokingDay

NO SMOKING DAY

10th March

The average smoker spends around £3,300 a year on cigarettes!

Just think of what you could do with that extra money! However, smoking is not only costly to our bank accounts but to our health as well, increasing our chances of developing cancer and heart diseases – it is thought that 1 in 2 smokers will die of a smoking-related disease¹.

Did you know that, when smoking, most of the smoke doesn't go into your lungs but into the air around you where anyone can breathe it in – your children, your spouse, your friends and family too. So, when you smoke around them, it is not only unpleasant for them, it can also affect their health. This is known as passive smoking and has been shown to increase the risk of lung cancer and heart disease. Pregnant women are also more prone to premature birth and their babies are more at risk of low birthweight and cot death.

Stopping smoking is one of the best things you'll ever do for your health, but it's not always easy to kick the habit. The 10th March marks **No Smoking Day** which aims to encourage and support smokers to quit.

No matter how long you have smoked for or how many cigarettes you smoke a day, the benefits of stopping start almost immediately. After 20 minutes your heart rate will start returning to normal, and after 8 hours oxygen levels begin to recover and the amount of carbon monoxide in the blood will have halved.

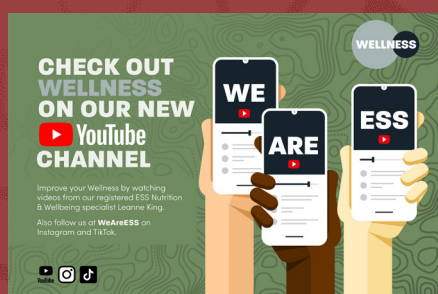
As time goes on your sense of smell and taste will improve, breathing will feel easier and wheezing or coughing will have reduced².

1. <https://www.publichealth.hscni.net/publications/1-2-smokers-will-die-tobacco-related-disease>
2. <https://www.nhs.uk/better-health/quit-smoking/>

Wanting or trying to quit?

The following tools are available to help get you started and support you throughout your journey to becoming smoke free:

- NHS Smoke Free app
- List the reasons you want to quit on your phone – when you are feeling tempted, have a read of them to help regain your motivation
- Tell people you are quitting, then when you are feeling tempted and they are with you they can support you not to light up
- Try e-cigarettes as they are far less harmful than cigarettes and can help you get started
- Sign up to your local stop smoking support group



CHECK OUT WELLNESS ON OUR NEW YouTube CHANNEL

Improve your Wellness by watching videos from our registered ESS Nutrition & Wellbeing specialist Lorraine King. Also follow us at **WeAreESS** on Instagram and TikTok.

WELLNESS SURGERY

17th March

This month we are changing it up.

Tune into our Instagram account 'WeAreESS' at 14:00 on 17th March for myths on 'clean eating' followed by the chance to ask any health and wellbeing related questions.

If you don't have time to drop in, why not send your question to: ess.wellness@compass-group.co.uk

WORLD SLEEP DAY

19th March

Sleep is a basic human need, along with eating and drinking. Research shows we spend one-third of our lives sleeping, therefore it is important to get it right.

Unfortunately, sleep is often compromised by the habits of modern life. Poor sleep habits affect 45% of the world's population¹. World Sleep Day (19th March) raises awareness of sleep disorders and the burden they place on society, contributing to a global epidemic that threatens both health and quality of life.

Many people don't realise that sleep can affect both your physical and mental health and therefore has a massive impact on your waking life. Sleep is important as it allows you to recover, repair and refresh for the following day – to be able to look after yourself, increase productivity at work and be in overall good spirits.

If you lose the occasional full night's sleep, you may find that it affects how you function during the day. You

might have difficulty concentrating, be irritable and experience low moods and energy. This can also influence your food choices, as you reach for energy dense foods to give you an instant lift, which may increase the risk of weight gain. Persistent poor sleep can contribute to a weakened immune system and be associated with more serious health complications such as type 2 diabetes, obesity, depression and anxiety. So, ensuring you get regular sleep will contribute to a healthy future.

The amount of sleep we need varies throughout our lifetime. National Sleep Foundation guidelines advise the following:

Healthy adults	7-9 hours
Adults over 65	7-8 hours
Children	8-17 hours*

* dependent on age

Routines are key in life and sleep is no different. Getting into a regular bedtime routine will support healthy sleep habits. Why not try the below?

- Stick to a regular routine of going to bed and waking up at the same time
- Avoid alcohol or caffeine too late in the day
- Limit screen time before bed
- Limit distractions
- Set your room up to sleep in, e.g. make sure it's comfortable, not too hot or cold and free of noise
- Take part in regular physical activity

World Sleep Day
March 17, 2017 • Sleep Soudly. Nurture Life.

HOW DO YOU RELAX BEFORE BEDTIME?

Send in your tips to ess.wellness@compass-group.co.uk and we will publish in the next issue to give our readers some tried and tested tips!

1. Wade AG, Zisapal N, Lemoine P. Prolonged release melatonin for the treatment of insomnia: targeting quality of sleep and morning alertness. Aging Health 2008.



'BE PROUD OF YOUR MOUTH'



20th March

When was the last time you visited the dentist?

Is your appointment overdue? Or have you got a toothache but been avoiding the dentist in the hope it will get better?

Good oral health can help to prevent bad breath, tooth decay and gum disease, and mean you keep your teeth as you get older. Not only this, it can also help you to live a longer, healthier and happier life. Poor oral health has been linked to heart disease, cancer and diabetes, while the loss of teeth or bad breath can really impact self-confidence.

90% of the world's population will suffer from oral diseases in their lifetime¹, but the good news is that most oral health conditions are largely preventable and can be treated in their early stages. So, this year's World Oral Health Day is promoting empowerment through knowledge, tools and increasing people's confidence to go to the dentist for a check-up.

Here are some top tips to help keep your oral health in good check:

- Protect your mouth on the go; chewing sugar free gum is proven to benefit dental health as it helps neutralise plaque acids
- Learn good oral health habits and routines; brush your teeth twice a day for 2 minutes and don't forget to floss

- Eat a balanced, low-sugar diet; eating excessive amounts of sugar from snacks, processed foods and drinks not only cause tooth decay, but is a major contributor to obesity and increased risk of diabetes
- Visit the dentist regularly for check-ups

#WorldOralHealthDay



1. www.newcrosshealthcare.com/insights/care-work/world-oral-health-day-improving-oral-hygiene-care-homes

WELLNESS WEDNESDAY MINDFUL MOMENTS

NEW!

31st March



Join our panel **Evan Judge**, Senior HSE Manager; **Harjeet Moore**, Head of People; **Leanne King**, Head of Nutrition and Wellbeing and **John Bacon**, Government Services Business Director, our guest panelist on 31st March at 13:30 for our first 'mindful moments' session.

This will be a live panel discussion on our chosen mindful moments topic, good sleep habits, and will support our new mindful moments toolbox talks. Click [HERE](#) to join.

EARTH HOUR

HEALTHIER WORLD

27th March at 8:30pm

8:30pm on 27th March marks the beginning of Earth Hour



Across the world, people switch off all electrical devices for an hour to highlight the importance of global conservation and climate change.

Whilst you may think this is all about sustainability and our ecosystem, it also aims to highlight the impact of 21st century technological advances on our physical and mental health.

Why not use the hour to think about what small steps you could take to impact the bigger picture in sustaining our world? During these difficult times, more than ever, we need to find ways to connect with those around us and relax. Here are some ideas to do during Earth Hour:

- Play a board game or card games
- Go for a walk without technology
- Have some 'me time' by reading a book
- Draw or paint
- Do a jigsaw puzzle

OFFSHORE INGREDIENT PARTNERS SHOW US THE WAY FORWARD...

HEALTHIER WORLD

At ESS, we are proud to partner with suppliers who share our values.

This month we feature Mackintosh of Glendaveny, an exclusive supplier to ESS Offshore, which produces a great local alternative to olive oil with its extra virgin 'cold pressed' rapeseed oil, grown, pressed and bottled on the company farm in Glendaveny, Aberdeenshire. Mackintosh is dedicated to the environmental sustainability of its operations at all stages in the process.

All products used at the Mackintosh production site are 100% recyclable, from the glass bottles to the cardboard outers, and the company is exploring alternative packaging options on an ongoing basis. They have recently worked with customers to remove unnecessary packaging and moved to lighter, UK-sourced glass bottles, removing several tons of glass from the supply chain and reducing packaging delivery mileage.

At harvest time, they still use a traditional method of swathing the crop – think old fashioned scything on a larger scale. Then when they harvest

the seed, they use the remaining crop to fuel bio-mass heaters which dry the seed for storage. Doing this on site eliminates any wastage and removes the mileage previously associated with drying the seed off site. In addition, the bio-mass units are used all year round to heat the factory and office buildings, returning surplus energy back to the National Grid.

After crushing the seeds to create the oil, they produce a by-product (meal) that is high in omega content, traditionally used for animal feed. However, Mackintosh has recently invested in machinery that compresses the meal into blocks which can be used to fuel fire pits, stoves and wood burners for home heating. The new logs are currently undergoing final testing, but initial findings are showing them to burn twice as long and at twice the temperature compared to standard wood logs, saving the customer time and money over conventional logs, without the pollution impact of other fuels.



Q&A

Q: What should I eat to boost my immunity?

A: There is no one food or substance we can eat to boost our immune system. Instead, we should aim to consume a healthy balanced diet as shown on the Eatwell Guide.

When we become ill, it is not uncommon to lose our appetite, but if we don't fuel our body effectively this will compromise our immune system. In fact, when we do become poorly, we require a higher energy demand due to our body working harder to fight off any infections and bacteria. Therefore, it is important to eat little and often throughout the day even if we don't feel like it.

Try to base meals and snacks around **starchy carbohydrates** such as pasta, bread, potatoes and rice as this is the body's preferred source of energy. Also eat a wide variety of **fruits and vegetables** as they provide us with vital vitamins, minerals and fibre which helps to keep our immune system ticking over and working hard. These can be eaten whole, frozen, dried or blitzed into a hearty warming soup.

It's important not to focus on one specific nutrient or food, such as vitamin C in oranges, as this may cause malabsorption of other vital micronutrients needed to support our immune system, such as vitamin A, B6, B12 and D to name just a few.

Finally, don't forget to **stay hydrated**. Drink little and often throughout the day – this can be water, tea, coffee, squash or fruit juice (150ml serving). Fluid plays an important part in our immune system by flushing out toxins and increasing our blood volume to get those vital nutrients to working cells and organs.



Q: How can I achieve my '5 A Day'?

A: An average individual consumes only 3 of their 5 A Day. However, reaching 5 isn't as hard as it may seem, if you plan your meals out to include them. First, let's clear up some common myths:

- **Having a single grape does not equal 1 of your 5 A Day.** A portion is equivalent to 1 cupped handful. For example: 2 broccoli spears, 7 cherry tomatoes, 150ml of fruit juice, 2 small tangerines or half a pepper. From a catering perspective, 80g is 1 portion.
- **Eating 5 oranges does not mean you have achieved your 5 A Day.** We need to have a variety of different fruits and vegetables to achieve the greatest benefits. Different colours of vegetables provide us with different vital vitamins and minerals, so try and eat a rainbow of colours.

- **Fresh, frozen, tinned, dried and smoothies or soups count towards your 5 A Day.** However, fruit juices should be limited to 1 portion which is equivalent to 150ml.

So how can I achieve my 5 a day?

Breakfast:

Bowl of cereal with semi-skimmed milk or toast, with a glass of fruit juice and a banana (2 portions)

Lunch:

Ham, tomato and cheese sandwich and a strawberry or banana milkshake (1 portion)

Dinner:

Chicken curry (with 80g of pepper) and rice (1 portion)

Dessert:

Fruit crumble with custard (1 portion)
If you don't have dessert, sneak a piece of fruit or veg sticks in as a snack throughout the day

GOOD NEWS STORIES

Have you held any wellbeing promotion events this month?

If you would like to share your success, please submit an article of around 150 words ASAP so we can publish it in our next issue. Please include any photos or feedback and send to: ess.wellness@compass-group.co.uk



IT'S OKAY TO TAKE A BREAK!

Sharon Willis, Government Services Group Manager – police contracts, taking a break and stepping out for a breath of fresh air. This supports our physical **and** our mental wellbeing through increased serotonin (our happy hormone) which lifts our moods. Taking a break and getting out may also help you feel more productive and focused when you return.

It's really important to take time out. Share what you do to boost your mood during the day: send your photos to ess.wellness@compass-group.co.uk

HEALTH INITIATIVES ESS WELLNESS WILL BE FOCUSING ON NEXT MONTH



Stress Management Society

Stress Awareness Month
1st to 30th April

Bowel Cancer
Awareness Month
1st to 30th April



**BOWEL
CANCER UK**



Walk to Work Day
2nd April

World Health Day
7th March



HEALTH FOR ALL

Earth Day
22nd April



EARTH DAY
APRIL 22

on your
feet
Britain

On Your Feet, Britain
26th April

Stop Food Waste Day
28th April



**STOP
FOOD
WASTE**
Day®

ASK YOUR NUTRITION & WELLBEING SPECIALIST

You can ask anything to do with nutrition, health & wellbeing. So drop us an email and we will get back to you as soon as possible.



Leanne King BSc(Hons), PGCE, RNutr
ESS HEAD OF NUTRITION & WELLBEING

Email our registered nutritionist with your ESS Nutrition and Wellbeing specialist at:
ess.wellness@compass-group.co.uk.

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WELLNESS



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