

Healthy Living Focus

Nutrition and Hydration



Hello, and welcome to Healthy Living Focus. This edition we are taking a look at nutrition and hydration. Nutrition can seem like a complicated topic, with conflicting opinions on the latest trends of what is good for us! So, here we will share evidence based tips to make the most of nutrition, find out why hydration is important, and how this helps us to live a healthy lifestyle.

Nutrition tips!

Eat REAL foods, not processed foods. Whole foods contain a higher nutritional value than processed foods!

Eat fatty fish such as salmon which is high in Omega 3.

Eat probiotic yoghurts and plenty of fibre, great for gut health.

Eat lean meat, but don't burn it. Consuming burnt meat is associated with a raised risk of health problems.

Hydration

Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them.

How can you stay hydrated?

You should drink plenty of fluids such as water, diluted squash and fruit juice to stay hydrated. Aim for 6-8 large glasses a day.



8 GLASSES OF WATER EVERYDAY

Protein Power

Eating enough protein is vital for optimal health.

this nutrient is particularly important for weight loss

a diet high in protein can boost metabolism and make you feel fuller for longer, limit snacking, reduce cravings and help with weight loss!

Protein rich diets have also been shown to lower blood sugar and blood pressure levels.

Don't drink sugar calories! Sugary drinks are associated with obesity, type 2 diabetes, heart disease, and many other health problems.

Drink water before meals to help with digestion

Limit or avoid alcohol, energy drinks, and other high calorie drinks such as milkshakes and sports drinks.

Eat fruit and vegetables every day.

Studies show that people who eat the most vegetables and fruits live longer and have a lower risk of heart disease, type 2 diabetes, obesity, and other illnesses

Extra virgin olive oil benefits heart health; people who consume it have a much lower risk of dying from heart attacks and strokes.



Dear Diary

Track your nutrition every now and then using a food diary. This can help you to be aware of the food you eat, make changes, and be accountable for those treats!

Healthy Herbs and Spices

Ginger and turmeric both have anti-inflammatory and antioxidant effects, giving us various health benefits.

Try using a variety of herbs and spices in home cooking to jazz up recipes!





Expert Advice

Visit the below link to check out a 7 day meal plan full of suggestions to achieve a healthy, low sugar, and nutrient packed week of meals!

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/7-day-meal-plan.html>

Recipe of the week!

Healthy Fish Pie



Ingredients

- 500g/1lb 2oz swede, peeled and chopped
- 500g/1lb 2oz potatoes, peeled and chopped
- 250g/9oz low-fat soft cheese with garlic and herbs
- 150ml/5fl oz good-quality fresh vegetable stock
- 1 tbsp cornflour blended with 4 tbsp water
- 400g/14oz frozen fish pie mix, defrosted
- 200g/7oz frozen peas
- freshly ground black pepper



Top Tip- Serve with a side of boiled carrot batons and broccoli.

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Put the swede and potatoes in a saucepan and bring to the boil. Cook for 15–20 minutes until tender, drain and mash, then set aside.
3. Meanwhile, put the cheese and stock in a small saucepan, whisk until fairly smooth and heat gently until melted and combined. Add the cornflour mixture and cook until thickened. Remove from the heat.
4. Stir the fish and peas into the cheese mixture and place in a medium ovenproof pie dish.
5. Spoon the mash over the fish mixture and bake for 25–30 minutes, or until lightly browned. Serve and enjoy!

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

