

Focus on the new year : get ahead with what you eat : after an indulgent Christmas and new year it is important to get back on track ... / Compass Group Holdings plc.

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FOCUS ON THE NEW YEAR

GET AHEAD WITH WHAT YOU EAT

After an indulgent Christmas break it is important to get back on track and support the body to get ahead in the New Year. Here we discuss a number of foods and tips that can help fire up the body and mind for the upcoming year.



TOP TIP: DRINKING TOO MUCH ALCOHOL CAN CAUSE DEHYDRATION. DRINKING PLENTY OF WATER TO TOP UP HYDRATION LEVELS CAN MAKE YOU FEEL MORE ALERT AND REFRESHED THIS NEW YEAR!

HYDRATION:

Had a few alcoholic drinks this festive season? Get your body hydrated!

Your body is made up of around 60% water and keeping up your hydration levels are essential for good functioning of your body and mind. This includes cell performance, removal of waste and good hydration can also help improve concentration.

Drinking 6-8 glasses of water a day is a great way to help keep your body hydrated! Not so keen? Don't forget that tea, coffee, fruit juice, squash and water contained in foods also count towards your daily fluid intake.

Feeling hungry? Try drinking a glass of water as it is quite common to confuse hunger with thirst!

FRUIT AND VEGETABLES:

Put on a few pounds this Christmas?

Fruit and vegetables are full of vitamins, minerals and fibre and are a great snack to help curb the cravings when you're feeling peckish.

Say goodbye to the Brussels sprout and make way for kale, leeks and swede. These in-season vegetables are great for soups and stews and plenty of other warm and hearty meals this cold season. Look out for our seasonal flyers for information and cooking tips on kale!

So, with little or no calories, replenish your body by eating five portions of fruit and vegetables a day and lose weight the healthy way!

British Nutrition Foundation (2009), Liquids
<http://www.nutrition.org.uk/nutritionscience/nutrients/liquids?start=1>

Fats
<http://www.nutrition.org.uk/nutritionscience/nutrients/fat?start=2>

Carbohydrate
<http://www.nutrition.org.uk/nutritionscience/nutrients/carbohydrate>

NHS (2012), Change for life
<http://www.nhs.uk/Change4Life/Pages/exercise-activity-ideas.aspx>

ESSENTIAL FATTY ACIDS:

Fat for function?

Fatty acids provide us with energy and fat soluble vitamins. Some fatty acids cannot be made in the body and so have to come from food.

Omega 3 is an essential fatty acid that is important for brain function but also normal functioning of cells in the body.

Oily fish are a great source of essential fatty acids so why not try having mackerel or salmon once a week to top up your fatty acids.

Nuts are also a good source of fatty acids so why not try having a handful of nuts for a snack. Remember that some coated nuts can be higher in salt so go for roasted or unsalted nuts.

WHOLEGRAIN:

Have a wholesome new year!

Wholegrains contain lots of fibre and are essential for healthy functioning of the digestive system. They are also a great source of carbohydrate, which is essential for providing our bodies with energy. The energy from these starchy carbohydrates is slow releasing, making us feel fuller for longer. Great for helping to lose that unwanted weight and getting motivated in these cold months.

So, try swapping your white rice and bread for wholegrain versions instead!

GET ACTIVE!

As well as good nutrition, it is also important to get active this New Year! Physical activity and exercise are a great way to get motivated and get back on track to that healthy lifestyle. Get your running shoes on!

**KNOW
YOUR
FOOD**