

Wellness  
@work

BLYTHE VALLEY PARK



# Healthy Eating

**BNF (British Nutrition Foundation) are running a 'Healthy Eating Week' from 12th - 16th June 2017. Schools, universities and workplaces can all sign up, and in turn, are provided with information about nutrition and resources to plan activities.**

The British Nutrition Foundation is a charity that has been running for 50 years. They provide evidence-based information on food and nutrition, and their main purpose is to make information about nutrition and healthy eating accessible to all.

During BNF's Healthy Eating Week, here at Blythe Valley Park we want to give you some tips on how you can stay healthy at work! Below are some facts and recipes to give you some ideas.

## References:

<http://www.nhs.uk/Livewell/5ADAY/Pages/Why5ADAY.aspx>

<http://www.dailymail.co.uk/health/article-133205/Fifteen-reasons-eat-portions-day.html>

<http://www.shape.com/healthy-eating/diet-tips/best-foods-eat-and-after-your-workout>

<https://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>

<https://www.bbcgoodfood.com>



for a healthy lifestyle

# Water

BNF recommend drinking 6-8 glasses of water per day, and rightly so, as the list of benefits from drinking water is endless. Water is also psychologically and physically beneficial to us.

## Here are some benefits of drinking water:

- Improves mood
- Energises us and helps us feel less tired
- Helps us think more clearly

Why not try adding some mint leaves, or strawberries to your water!

## LEMON WATER WITH FRESH MINT

Click on the link below for the recipe:  
<http://www.eatyourselfskinny.com/lemon-water-with-fresh-mint/>



# Food before and after exercise

Eating before exercise can help to keep you energised throughout your workout, and eating between 30 mins and 1 hour after exercise can help to build and repair your muscles that were broken down during the workout. Here are some ideas of what to eat before and after exercise:

## Before:

- Brown rice
- Apple and walnuts
- Bananas
- Sweet potato

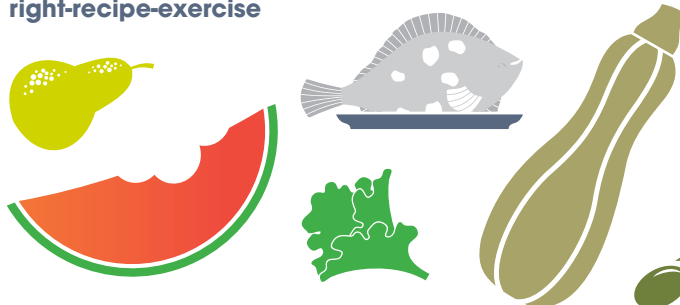
## After:

- Salad and chickpeas
- Steamed vegetables
- Quinoa with blackberries
- Yoghurt and berries



## AFTER EXERCISE YOGHURT

Click on the link below for the recipe:  
<https://www.bbcgoodfood.com/howto/guide/right-recipe-exercise>



# 5 a day

We've all heard of the '5 a day' recommendation, but how beneficial is it? Five 80g portions of fruit and vegetables a day help to contribute to a healthy, balanced diet.

## Benefits:

- Studies have shown that people whose diet include fruit and vegetables that contain vitamin B6 (such as bananas and avocados) find stress easier to handle than those who do not.

## SPANISH MEATBALL AND BUTTERBEAN STEW

Click on the link below for the recipe:

<https://www.bbcgoodfood.com/recipes/spanish-meatball-butterbean-stew>

# Healthy snacks

We know after lunch it can be tempting to have a biscuit or chocolate bar, but what are some alternatives to unhealthy snacks? See below some healthy snack recipe ideas:

## EGG AND ASPARAGUS SOLDIERS

Click on the link below for the recipe:

<https://www.bbcgoodfood.com/recipes/egg-soldiers>

## MELON & CRUNCHY BRAN POTS

Click on the link below for the recipe:

<https://www.bbcgoodfood.com/recipes/1897714/melon-and-crunchy-bran-pots>

# Brain food

Eating well isn't just good for your physical health, it's also good for your mental health. Our brains require nutrients to stay healthy, but what foods are best at providing nutrients to the brain? Here are a few below:

- Brown wholegrains e.g. granary bread, rice and pasta
- Oily fish e.g. mackerel, salmon, herring and trout
- Broccoli
- Blackcurrants
- Tomatoes

## BLACK BEAN & SALMON TOSTADAS

Click on the link below for the recipe:

<http://www.eatingwell.com/recipes/22231/mealtimes/dinner/brain-boosting/slideshow/brain-boosting-dinner-recipes/?recipeid=249998>