

Market Hill 8-8 Centre Newsletter

March 2019—Issue 15

National Salt Awareness Week - Sun10th March Sat 16th March

It's time for ACTION on salt.

It is National Salt Awareness Week this month. It's a really good time to do exactly what the title suggests and become aware of how much salt is in your diet. It is easy to eat too much salt without realising it, but it is also easy to cut back on salt once we become aware of where we are eating it.

Salt is actually necessary in our diets. Our bodies need a little salt to survive. The key word here is 'little'. Most adults are eating far too much and may not even realise it. Regularly eating too much salt increases our risk of developing high blood pressure. High blood pressure can cause strokes and heart attacks.

THE TARGET FOODS

Products	Previous 2010 target (salt per 100g)	New 2010 target (salt per 100g)
Tomato ketchup eg Heinz 	2.4g	2.25g
Breakfast Cereals eg Kelloggs corn flakes	0.8g	0.68g
Pork pies/meat pies/sausage rolls 	1.5g	1.38g
Cornish pasties	1.3g	1.13g
Bacon	3.5g	3.25g
Ham/cured meats	2.5g	2.13g
Sausages	1.4g	1.13g
Burgers/kebabs 	1.0g	0.75g
Baked beans in tomato sauce	0.8g	0.63g
Cheese eg Cheddar/Cheshire/Wensleydale	1.95g (max)	1.88g (max)
Blue cheese eg Stilton 	No target	2.1g
Mozzarella (used in food products)	1.8g	1.5g
Bread and rolls	1.1g	0.93g
Scones/crumpets/muffins, Scotch pancakes/bagels, croissants, brioche etc 	1.3g	0.75g
Snacks eg corn puffs	2.8g	2.25g
Frankfurters/ hotdogs	1.4g	1.25g
Spreads/margarine	1.5g	1.25g

HOW MUCH SALT SHOULD WE EAT?

The recommended daily limit for salt for an adult is no more than 6g a day (about a tea spoon).

Children and babies should eat less. Salt should never be added to babies foods and you should never use stock cubes or gravy for babies as they are often high in salt, and babies kidneys can't actually cope with the amount of salt in them.

Flavour in food doesn't have to come from salt. Fresh and dried herbs and spices and black pepper can add flavour to food instead of salt.

Colour coded packages make it much easier to see how much salt is in a product. High salt is highlighted in red and means it contains more than 1.5g of salt per 100g. Products which highlight the salt in green should be low in salt and contain 0.3g or less of salt per 100g.

(source FSA)

Issue 13's Cheap & Easy Recipe - found at bbcgoodfood.com

Egg-fried cauliflower rice with prawn cracker crumbs

Ingredients

160g frozen green beans, 160g frozen peas, 1 tbsp sunflower oil, 50g bacon lardons, 1 onion, 160g carrots, 1 large egg, beaten, 200g small cauliflower florets, 1 tbsp soy sauce, 25ml sweet chilli sauce, 20g prawn cracker

Method

Put the kettle on to boil. Put the beans and peas in a large sieve then pour over the boiled water to defrost them. Drain and set aside.

Heat 1 tsp oil in a large, non-stick frying pan or wok. Add the bacon and fry for 2-3 mins. Add another 1 tsp oil and cook the onion and carrots for 1-2 mins until slightly softened, then push the veg and bacon to one side of the pan. Add the final 1 tsp oil, then pour in the egg, stirring constantly to scramble it.

Pulse the cauliflower in a food processor until it resembles rice. Add the cauliflower and soy to the pan, and stir together. Add the green beans and peas, and cook, stirring, for 1-2 mins until hot through. Divide between two plates and serve with sweet chilli sauce for drizzling. Break the prawn crackers into rough crumbs. The crackers absorb moisture quickly so, to keep them crunchy, it's best to serve them in a dish on the side to sprinkle over the rice while eating.



Feedback

We value your feedback and suggestions on how we can improve our service or if someone stood out for you. Please see the feedback notice board in our reception for more information.

Surgery information

Telephone: 01724 292000

Monday	8am - 8pm
Tuesday	8am - 8pm
Wednesday	8am - 8pm
Thursday	8am - 8pm
Friday	8am - 8pm
Saturday	8am - 8pm
Sunday	10am - 2pm

Every 2nd Wednesday of the month we are closed 1pm - 6:30pm for staff training.

Practice Manager: Darryl Southern

Lead General Practitioner - Dr N Dukes- Wiesenhaan & Dr R Maliyil

Don't just miss your appointment

If you are unable to attend your appointment then please contact the surgery and let us know.

Last month 204 appointments were left unattended and this was value time that could have been given to another patient who needed to see a Health Professional.

Wasted appointments in February 2019

179

Appointment time wasted in February 2019

53.9 hours