

Make life easier

# GOOD 4 you wish list

- more energy
- easy meal times
- learn tasty new recipes
- know my facts
- reduce stress
- exercise more
- have fresh milk every day

# Welcome to the Good 4 You 'make life easier' issue

With all the stresses and strains of today's hectic and increasingly fast-paced world, we've devoted this issue to making your life easier. From fast family meals to the convenience of doorstep delivery, it's packed with ideas to ease the pressure and help you enjoy life to the full.



## 3. eating for energy

*Food with get up and go*



## 4. fussy about food

*How to cope with picky eaters*



## 6. it's ch-easy!

*Family favourites, fast*



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*Can food ease the pressure?*



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*Workout without really trying*



## 11. doorstep delight

*All about milk delivered to your door*

# eating for ENERGY

... food with get up and go!

## TUCK IN FIRST THING

There's a lot of truth in the old saying that breakfast is the most important meal of the day, especially as far as energy levels are concerned. By breakfast time, most of us won't have eaten for more than ten hours so our bodies, and especially our brains, are crying out for fuel. A breakfast containing complex carbohydrates such as cereal or toast provides slow-release energy helping to keep you alert and your energy levels high well into the morning.

## CONCENTRATE ON IRON

Iron is used to make red blood cells, which carry oxygen around the body. If you're short of iron, you won't be functioning at full capacity and could feel tired, lethargic and find it hard to concentrate. Women are more vulnerable to iron deficiency than men because they need to replace the iron lost during their periods. Vegetarians should be careful about their iron levels too, as meat is the best source of easily absorbed iron. Other iron sources include fortified breakfast cereals, bread, pulses, green leafy vegetables and dried fruit.

## DRINK UP

Energy levels plummet when you're dehydrated; you feel groggy and irritable and your memory and concentration suffer. By the time you feel thirsty, your brain-power has already deteriorated by ten per cent! Experts recommend that adults should drink around 1.2 litres of fluid a day – that's equivalent to six to eight cups or glasses. Contrary to popular belief, this doesn't mean just water – milk, squash, fruit juices, tea and coffee can all effectively replace lost fluid.

## EAT UP

Try to make sure you eat three regular meals a day and top up with healthy snacks in between if you need to. If you miss a meal, your blood sugar levels drop and energy levels slump.

But don't be tempted to reach for a sugary snack to fill the gap; the short-term energy boost will be quickly followed by a dip.



# fussy

## How to cope with toddlers' eating tantrums

Having a toddler who's a picky eater can be extremely frustrating and disheartening, not to mention stressful!

But it's very common for toddlers to go through phases of being fussy about what they eat - sometimes eating very little, refusing to eat certain foods (even ones they previously liked) or wanting to eat the same thing day after day. As stressful as this can be, it's rarely harmful. In fact, fussy eating is a normal part of children growing up and asserting their independence.

### How to cope

Try to keep calm! It's important not to turn mealtimes into a battleground.

If, after gentle encouragement, your child refuses to eat something, just remove the food without making a fuss.

Never force your child to clear their plate but praise them when they do eat up or try something new.

Keep offering a range of foods. Don't assume because a food is rejected on one occasion it always will be; it may take up to ten exposures to a new food before a child decides they like it!

Changing the form a food is given in can also make it more appealing. For example, a child might refuse cooked carrots but like raw ones.

Serve any new foods alongside old favourites.

Keep portions small at first, you can always offer seconds.

Don't try to bribe them into eating something they don't want - for example, promising a pudding or sweets if they eat their greens.

**Remember, these phases do pass! But if you are worried about your child's eating, talk to your GP or health visitor.**



# about food

More tips  
for magic  
mealtimes!

- Use brightly coloured, child-sized cups, plates and cutlery
- Try not to get too wound up if your child makes a mess. It's all part of learning about food!
- Let your child help with simple food preparation or laying the table - they'll love feeling involved
- Try to eat with your child at least once a day - sit together at the table and have something yourself
- Turn off distractions such as the TV and have a chat during the meal.

## Off to a healthy start...

To help give children a good nutritional start in life, the government has introduced a new scheme called **Healthy Start**. It allows pregnant women and parents with young children on low incomes to exchange vouchers for **free milk, fruit and vegetables**.

The vouchers can be used in shops taking part in the Healthy Start scheme and also with local milkmen. Opting for the home milk delivery service means families can save time and effort and get fresh milk delivered to their door.

To find out more about Healthy Start ask your midwife or health visitor, or visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Milk

### ... for your toddler

Milk is packed full of important nutrients needed for growth and development:

- It gives them the calcium they need to build strong, healthy bones
- It's packed with protein to help them grow
- It has energy and lots of vitamins and minerals
- It's kind to children's teeth

**Try to offer at least 350ml of milk a day (that's almost 2/3 pint).**

### WHICH MILK?

**Between the ages of one and two, give your toddler whole milk to drink.** Whole milk provides extra energy, fat and vitamin A compared with lower fat milks, which are important for a growing child. **From two years old, you can start to introduce semi-skimmed milk** if your child is eating and growing well. Otherwise, stick to whole milk. Skimmed milk isn't suitable for children under five.

If your child doesn't like to drink milk, make sure you **offer a selection of other dairy foods** such as cheese and yogurt. You can also use milk in other ways - mixing it with cereal, making it into a sauce, custard or milk pudding, or mashing it up with fruit to make a smoothie.

# it's cheesy!

Cheese is one of the most convenient and versatile foods around.

## Use it:

In sandwiches  
On toast  
Crumbled into a salad  
Grated over pasta or baked potatoes  
Sprinkled onto cooked vegetables  
Melted onto steaks  
As a snack with fruit  
For cheese sauces  
With crackers or oatcakes  
In a thousand and one recipes

Or just on its own.

## Naturally good 4 you . . . and them

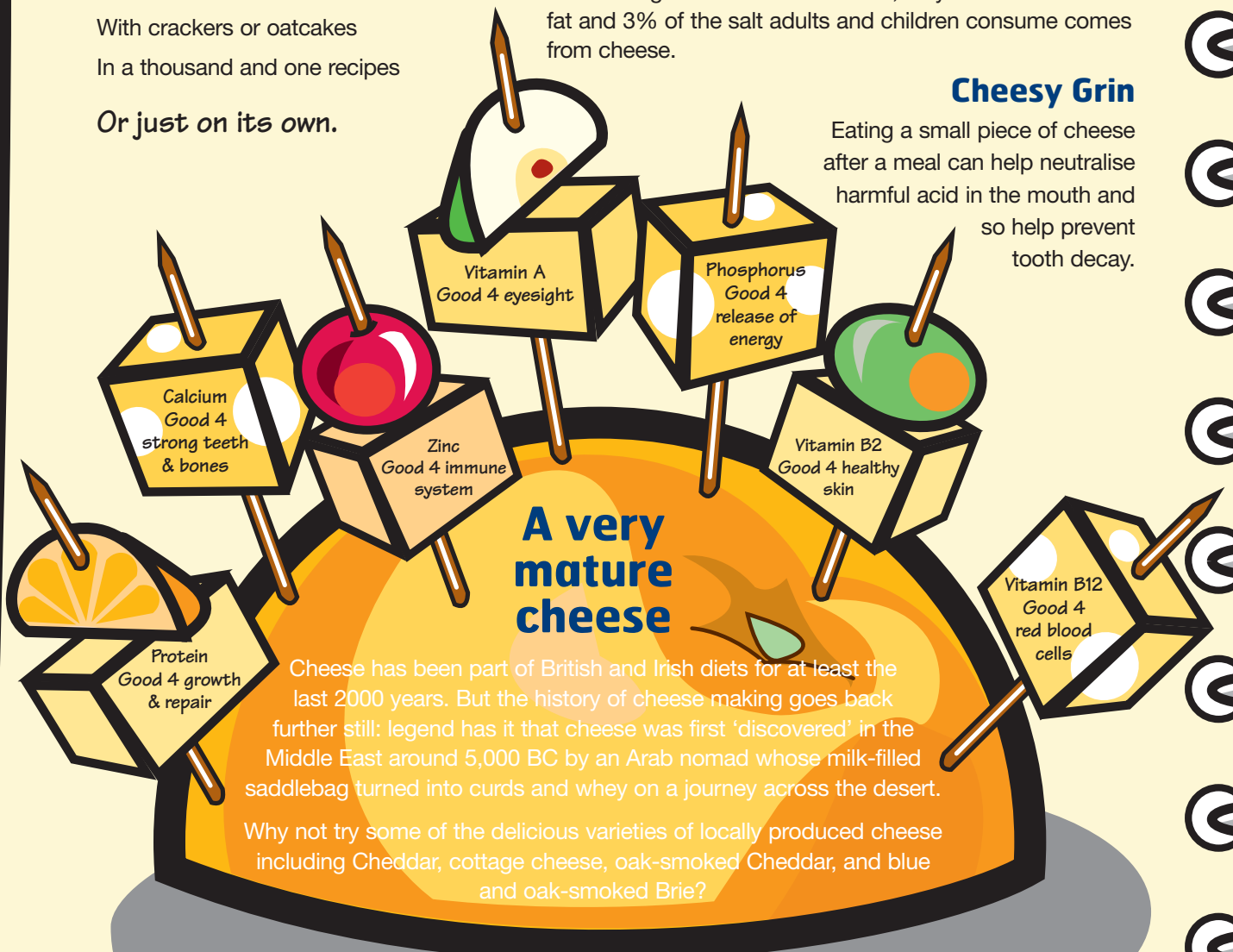
Cheese is packed with nutrients including calcium, protein, vitamin A and vitamin B12, and can make an important contribution to nutrient intakes, especially for children.

For example, a small piece of Cheddar cheese (30g - the size of a matchbox) can supply a third of most children's daily calcium needs, a quarter of their phosphorus and vitamin A requirements and more than half of their vitamin B12 needs.

Cheese does contain some fat and salt but it doesn't make a large contribution to intake; only around 4% of the fat and 3% of the salt adults and children consume comes from cheese.

## Cheesy Grin

Eating a small piece of cheese after a meal can help neutralise harmful acid in the mouth and so help prevent tooth decay.



## A very mature cheese

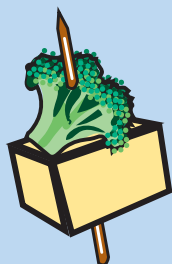
Cheese has been part of British and Irish diets for at least the last 2000 years. But the history of cheese making goes back further still: legend has it that cheese was first 'discovered' in the Middle East around 5,000 BC by an Arab nomad whose milk-filled saddlebag turned into curds and whey on a journey across the desert.

Why not try some of the delicious varieties of locally produced cheese including Cheddar, cottage cheese, oak-smoked Cheddar, and blue and oak-smoked Brie?

# Family favourites

## ... FAST

Quick, easy and cheesy - wholesome recipes the whole family will love.



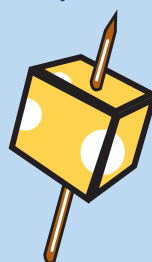
### Cheesy Broccoli and Salmon Bake

Serves 4

Most children love pasta so much they won't even notice the vegetables and fish in this!

|                                      |                      |
|--------------------------------------|----------------------|
| 25g butter                           | 25g plain flour      |
| 300ml milk                           | 100g pasta           |
| 50g grated cheese                    | 75g broccoli florets |
| 213g can salmon (drained and flaked) |                      |

Cook the pasta in boiling water and steam the broccoli florets until tender. Meanwhile, make the sauce by gently heating the flour, butter and milk together in a saucepan, whisking all the time until it starts to boil. Simmer gently for about 3 minutes, still stirring continuously. Remove from the heat and add most of the grated cheese. Mix the sauce, pasta, broccoli and salmon together in an ovenproof dish and sprinkle over the remaining cheese. Cook for 10-15 minutes at 180°C until the top is golden brown.



### Tangy Cheese Dip\*

This delicious dip takes less than 10 minutes to make and is a great way to get children to eat raw vegetables.

|                     |                    |
|---------------------|--------------------|
| 15g butter          | 1 tbsp plain flour |
| 75ml milk           | 75ml apple juice   |
| 75g Cheddar, grated |                    |

Raw vegetables or bread sticks for dipping

Melt the butter in a small saucepan over a low heat. Sprinkle over the flour and cook, stirring for about a minute. Remove from the heat and gradually beat in the milk and apple juice. Return to the heat and cook, stirring constantly, until the sauce thickens. Remove from the heat and stir in the cheese. Spoon into a bowl, serve hot or cold.

### Cheese and Apple Pancakes\*

Makes 8 pancakes



These healthy pancakes are really easy to make and kids love them!

|                               |  |
|-------------------------------|--|
| 115g self-raising flour       | 1 large egg                                      |
| 120ml milk                    | 120ml + 1 tablespoon water                       |
| A little vegetable oil        | 2 dessert apples, cored and cut into thin slices |
| 90ml unsweetened orange juice | 2oz Cheddar, grated                              |

Simmer apple slices in orange juice until tender; set aside. Whisk flour, eggs, milk and water together in a bowl until smooth. Heat a few drops of vegetable oil in a 15-20cm frying pan. Pour in 3-4 tablespoons of batter and spread out to form a round pancake. Lightly brown on each side. Repeat with remaining batter. Divide the apple slices and Cheddar between the pancakes, fold to form a triangle and serve.

\* Recipes courtesy of the British Cheese Board

# Milk myths

Having trouble digesting the vast amounts of information on food and nutrition out there?

Even for the most clued-up amongst us, trying to make sense of it all can be confusing and time-consuming. So here, for milk at least, we've sorted the fact from the fiction for you.

**Myth 1**  
milk is full of fat

## FACT 1

There is far less fat in milk than many people think: whole milk contains only 3.9% fat; semi-skimmed milk has less than half this amount (1.7% fat); skimmed milk is virtually fat-free (0.3% fat). Milk supplies only around 6% of the fat in the Northern Irish diet and so is not a major contributor to fat intake.

**Myth 2**  
if you're lactose intolerant, you need to ditch all dairy foods

## FACT 2

After childhood, some people lose the ability to digest lactose, the sugar found naturally in milk, but they can still enjoy hard cheeses such as Cheddar (which are very low in lactose), yogurts (the friendly bacteria aid lactose digestion) and small quantities of milk (particularly if taken as part of a meal).

**Myth 3**  
lots of people are allergic to milk

## FACT 3

Milk allergy is actually quite rare and is usually restricted to young children. It is estimated that 2% to 3% of babies in the UK are allergic to milk but most (around 80% to 90%) will have outgrown the problem by the time they are three.

Milk allergy and lactose intolerance are not the same thing. Diagnosis of either should always be made by a qualified medical professional.

**Myth 4**  
avoid milk if you are on a diet

## FACT 4

New research suggests that dairy foods might actually make it easier to lose weight. A series of studies has found that including three to four servings of low-fat dairy foods a day as part of a calorie-controlled diet helps people to lose more weight than cutting calories alone on a low-dairy diet.

**Myth 5**  
milk causes mucus

## FACT 5

There's no scientific evidence of a link between drinking milk and mucus production. In one test, volunteers given flavoured milk and flavoured soya 'milk', reported no difference in mucus production. It's likely that milk, and foods with a similar texture and 'mouthfeel' such as soya 'milk', briefly coat the lining of the mouth and throat, a sensation that is mistaken for increased mucus.

# Stress relief

... can food ease the pressure?

## A cuppa for stress?

Many of us automatically reach for the kettle in times of crisis, now there's a scientific study that seems to back-up tea's stress-relieving properties.

Researchers from University College London found that people who drank tea were able to de-stress more quickly than those who drank a fake tea substitute. Both groups were subjected to challenging tasks, while their levels of stress were measured. The tea-drinkers had lower levels of the stress hormone cortisol in their blood after a stressful event.



## A pinta for PMS?

It's not guaranteed to work for everyone, but you might think it's worth a try! As many as 80% of women experience emotional or physical symptoms before their period, which range from bloating and mood swings to tearfulness and irritability.

Results from a small number of studies suggest that increasing calcium intake by around 1000 mg to 1300 mg/day (equivalent to four to five portions of dairy foods) may help ease symptoms of PMS.

What's more, a diet rich in calcium and vitamin D might help prevent PMS from developing in the first place. In a recent investigation, researchers found women with the highest intakes of vitamin D and calcium were significantly less likely to have PMS.

### Calcium

- milk
- dairy foods eg. cheese and yogurt
- canned fish (including the bones)
- bread
- leafy green vegetables
- dried fruit, nuts and seeds

### Vitamin D

- made from the action of sunlight on our skin
- oily fish e.g. salmon
- egg yolk
- fortified margarine
- fortified cereal

## A fish supper for anxiety?

Fish and shellfish, along with Brazil nuts, liver and kidney are rich sources of the nutrient selenium.

Some studies have found that low levels of selenium are associated with negative mood problems such as anxiety and depression. And that extra selenium may improve mood and help combat anxiety. However, the jury is still out on this one as a recent large-scale trial found no evidence that selenium supplementation benefited mood or quality of life in a group of elderly volunteers.

Take care with supplements, too much selenium is toxic, it's safer to up your intake with food.

# EASY EXERCISE

## without pumping iron!

Getting active doesn't have to involve hours of pumping iron in the gym. In fact, just putting a bit more effort into our daily routine can bring major health benefits.

- Step it up - take the stairs rather than the lift or escalator when you're out shopping or at the office.
- Turn housework into a workout - vacuum with vigour, dust with determination and polish with passion!
- Go for it gardening - put some extra oomph into mowing the lawn, weeding, or picking up leaves.
- Have fun looking after little ones - boogie round the living room, have a kick-about outside - play with the kids rather than just watching.

### Time to get active

Just half an hour of moderate activity on most days of the week (at least five) is all you need to make a real difference to your health. You don't even have to do it all in one go - two 15 minute sessions or three bouts of 10 minutes work just as well.

### Walk this way

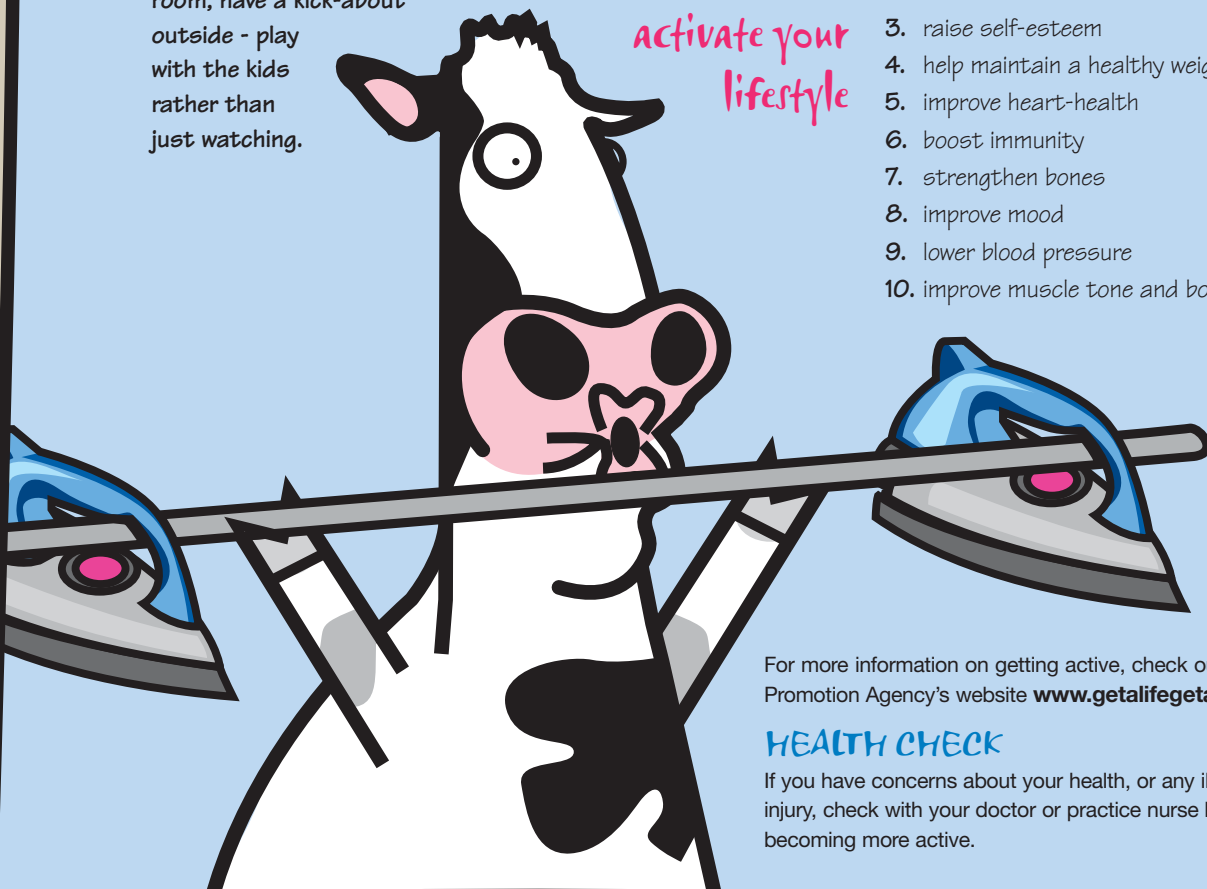
One of the easiest ways to fit regular activity into a busy lifestyle is 'active commuting'. This means choosing physical activity for your everyday journeys.

You can walk a mile in around 15-20 minutes so if you've got time to drive or get the bus somewhere locally, you've probably got time to walk there. Although the time spent actually travelling from A to B may be longer on foot, you spend time getting the car out or waiting for the bus, sitting in traffic, looking for a parking space, buying a parking ticket, walking from your parking spot or bus stop to your destination and so on.

### Ten good reasons to activate your lifestyle

Being more active can:

1. boost energy levels
2. reduce stress
3. raise self-esteem
4. help maintain a healthy weight
5. improve heart-health
6. boost immunity
7. strengthen bones
8. improve mood
9. lower blood pressure
10. improve muscle tone and body shape



For more information on getting active, check out the Health Promotion Agency's website [www.getalifegetactive.com](http://www.getalifegetactive.com)

### HEALTH CHECK

If you have concerns about your health, or any illness or injury, check with your doctor or practice nurse before becoming more active.

# Doorstep delights

With increasingly stressful lives, running out of milk is an added pressure you can do without. Daily home delivery means you'll never have to worry about it again... and there are other benefits too

## convenience

Most dairies deliver milk six days a week and in all weathers. Come wind, rain or snow the milkman will do his very best to ensure that you are supplied with milk and you can be confident that it's always fresh.

## flexibility

You can easily vary your order to suit your requirements, for instance, if you need extra for the weekend.

## variety

No matter what type of milk you want, your milkman can deliver it - whole, semi-skimmed, skimmed, organic - and he will be happy to deliver a mixture of different types. Most milkmen sell more than just milk too - they can offer a range of other dairy products and groceries including yogurt, eggs and bread.

## quality

The efficient delivery service is matched by the high quality of the milk. Northern Ireland milk quality standards are six times higher than required by the EU.

## community

Hardly a month goes by without some story appearing in the newspapers about milkmen who foiled burglars, spotted house fires or helped people who are injured or ill. Helping their customers is simply part of the job for most milkmen, and it's reassuring to know that you have a regular caller who cares about his customers.

## environmentally friendly

It is nice to know that when you buy milk from the milkman you are doing your bit towards the environment too. Milk delivered to your door comes in glass bottles which are reusable and recyclable, saving energy and resources.

To find out more about  
milk deliveries in your area, call your  
local dairy or check out the milkman  
locator on the Dairy Council website

[www.dairycouncil.co.uk/homedelivery](http://www.dairycouncil.co.uk/homedelivery)

### Armagh

Fane Valley CA & DS Ltd  
028 3752 2344

### Ballymena

Dale Farm Ltd  
028 2564 5145

### Belfast / Bangor

Dale Farm Ltd  
028 9037 2237

### Coleraine

Ballyrashane CA & DS Ltd  
028 7034 3265

### Cookstown

Dale Farm Ltd  
028 8676 3386

### Craigavon / Lurgan / Portadown

Dale Farm Ltd  
028 3833 2924

### Enniskillen

Ballyrashane CA & DS Ltd  
028 6632 3602

### Lisburn

Draynes Farms  
028 9266 2203

### Londonderry

Dale Farm Ltd  
028 7134 4381

### Newry

Armaghdown  
Creameries Ltd  
028 3026 2224



Tel. 028 9077 0113

[www.dairycouncil.co.uk](http://www.dairycouncil.co.uk)

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