

Welcome to the new Salisbury House Surgery Patient Participation Group Newsletter.
We are up and running again and look forward to introducing you to who we are and how to contact us as your representatives in the practice.
In the meantime this issue focuses on help with a good diet.

**Struggling with your weight?
And perhaps that of your family too?**



MoreLife can help!

MoreLife provides realistic weight management services through their programmes run in Bedfordshire.

From 1st April 2019, MoreLife will deliver:

Adult Weight Management Services, including a maternity pathway.

Child and Family Weight Management Services.

Tier 1 Training, Capability and Capacity Building within primary care, schools and early years settings.

For more information contact MoreLife at:

<https://www.more-life.co.uk/>

team@more-life.co.uk

Or call 0113 812 5233

Are you getting your 5 a day?



Whether you want to lose weight or just want to stay healthy the advice is still to get your 5 portions a day of fruit and vegetables. But what is a portion? Well many fruits are a portion in their own right; an apple, a pear or a banana (high in potassium for nervous system performance). Look at that amount and apply it to every fruit and vegetable and you are there, simple eh?

A portion of vegetables is about 3 heaped tablespoons or about 80 grams if you want to measure it out, but remember a potato is not considered as one of your 5 as it is mostly starch.

The key is variety and each has its benefits; broccoli has twice the amount of Vitamin C as an orange.

Even things you might not eat in large quantities have their benefits, cilantro or coriander aids digestion and is said to help with headaches, coughs and nausea.