

MOST POPULAR DISHES

Picking up the theme again this month we are focussing on our Top 10 hot desserts. These remain consistently at the top of all dessert sales across our UK customer base:

- Red Cherry Pie *
- Apple Crumble*
- Apple & Blackcurrant Pie*
- Apricot Pie*
- Lemon Sponge*
- Sticky Toffee Pudding
- Summer Fruits Pie*
- Steamed Raspberry Pudding
- Chocolate Sponge*
- Sultana Sponge*



All of these popular desserts are best served with Tillery Valley's own nutritious but sugar-free custard, developed to complement the range and ensure that 8/10 of these desserts (starred) are suitable to be enjoyed by people with diabetes with the one exception – Chocolate Sponge which is simply gorgeous served with our Chocolate Sauce.

Vegan Individual Meals

If you haven't yet tried these meals could we urge you to take a look and sample the range.

Designed to nutritionally and tastily fulfil a specialist need and developed in response to your feedback we are delighted to tell you that they are nonetheless really delicious meals, that both vegetarian and meat eaters alike would enjoy.

Keeping a couple of cases in your freezer will always ensure that you can offer a tasty alternative for a wide range of customers.

Contact Michelle Brown – Customer Service and Commercial Manger for more information or ask your sales consultant to arrange a demonstration for you.

Local Farm Partnerships- Farm to Fork

Tillery Valley Foods is committed to sourcing as many raw materials locally as possible.



It makes good sense to do so as it will help to further minimise food miles and contribute to further reductions in our carbon footprint.

The rugged hills and valleys surrounding our Abertillery based production unit are perfect for rearing lambs. We are therefore delighted to announce that we have agreed a partnership with 4 local farmers whose farms surround our site.

Our agreement with them is that we will take whole lambs from them when they are in season. This provides the farmers with an assured price and means that we can be certain of a regular supply during this time to complement our regular supplies.

The lambs will be prepared locally in approved premises and delivered to our site a couple of times a week ensuring freshness throughout the summer months.

Our own in-house butchers will bone the legs ready for roasting and they will be used to complement our already successful Sliced Lamb in Gravy. The shoulders will be well trimmed and then minced and used in our savoury minced lamb dishes, i.e. Shepherds Pie

The next time you are visiting our production site, do ask to see the farms – we will happily point them out from our visitor centre.

SCHOOLS OUT BUT NOT FOR EVERYONE

A recent training session at the famous Stoke Mandeville Hospital was introduced by Trust Senior Dietitian Jenny Ottaway. Jenny set the scene by outlining the role nutrition plays in the recovery of patients. Her approach immediately caught the attention of her audience of Hotel Service Supervisors and catering staff as she explained how elements of food can aid recovery, for example protein which provides the necessary building blocks for tissue repair.

Her input added valuable nutritional understanding to the sessions which followed delivered by Alessandra Morar, Sodexo's Learning and Development Manager and David Kavanagh, TVF Operational Services Director on how best to use the Vive Health Steam Plated meal offer. Our thanks to Jenny for her help and support.



Nutritional Know How

An oil trilogy: all the threes - 3, 6 or 9? Balancing the Essential Fatty Acids, omega 3 and 6

Our articles on fish earlier this year have prompted a few questions, so we are going to explore the area of essential fatty acids more thoroughly over the next few months. We hope that some of the information will be useful to you both at work and at home, so feel free to ignore the 'tetchy' bits!

We eat a variety of fats in our diet, and the issues surrounding fatty acids are pretty complex. We need a good balance of oils and fatty acids to keep our bodies functioning normally.

The Western diet favours eating more omega 6 fats than omega 3, so upsetting the natural ratio of these fats. In fact, it can make the intake of these omega fats the very opposite of this beneficial ratio and disturb the delicate balance. And the evidence is that you need not worry at all about omega 9 - we get plenty of that through a mixed diet.

Some Key Points:

Type of Fat	The Chemistry behind the fat	Examples
Saturated	Carbon atoms linked by single bonds	Typically hard/solid fats from animals and some animals products (except that coconut and palm oil are also saturated); high flash point, stable
Unsaturated	Contain one or more double bonds	Plant and seed oils, less stable, runny at room temperatures
Monounsaturated	Contain one double bond	Oils typically found in the 'Mediterranean diet', fairly stable
Polyunsaturated	Contains more than one double bond	Thinner oils with lower flash points and less stable, so can spoil if left in contact with light and air ie. are prone to oxidation

- Essential fatty acids are called that because the human body cannot make them from saturated fat. This is because we don't have the right enzyme to place the double bond, or we can only make them slowly and inefficiently from more complex 'parent' fatty acids
- Omega 3 and 6 fats are known as essential fatty acids. This is because the body cannot make them itself and they have to be consumed from food
- For the boffins amongst you: they are called 'omega' because of this chemical double bond at the n-3 or n-6 position on the carbon chain in the fat molecule
- In the Western world, we get more than enough omega 6 fats from vegetable oils, e.g. sunflower, but we don't always get enough omega 3 fats because of our fairly poor oily fish intake which should provide us with a rich source of omega 3

- Because conversion to both omega 3 and 6 fatty acids uses the same enzymes within the body - and remember we eat plenty of omega 6 - conversion to omega 3 can be limited due to omega 6 'winning the competition'
- Figures given for the optimal ratio for humans for omega 6:3 fats range from 1:1 - 3:1 ratio, whereas figures quoted about what we actually eat are very much higher and range from 7:1 - 17:1, so you can see how there is a lot of competition from the omega 6 biochemistry, leaving omega 3 struggling
- When this ratio is upset, instead of these fatty acids being good for us and doing their job, it can advance the conditions typical of 'Syndrome X' (where disordered metabolism of fats and sugar can lead to obesity and symptoms of diabetes and heart disease), some cancers, osteoporosis and certain other inflammatory auto-immune diseases such as arthritis
- So we must make sure to eat enough omega 3, remember that it is best provided by eating fatty fish, following FSA advice to eat 2 portions of fish a week, one of them an oily fish such as fresh tuna, herrings, mackerel, sardines (see April Foodsense).
- Some shellfish are high in omega 3 e.g. crab and mussels
- But bad news for the ever-popular prawns and tinned tuna. Prawns are not a source of omega 3, and the omega 3 in tinned tuna is sadly destroyed by the canning process, so it is FRESH tuna you need to eat
- For vegetarians, most dark green leafy vegetables do contain some omega 3, as do some seeds but it is difficult to obtain a good intake of these oils from vegetable sources
- And please don't take omega 6 supplements, unless advised by your doctor, as you may upset this delicate balancing act even more!

In future articles, Foodsense will help further unravel the wide range of information about fats, and look at the variety of oils now available on supermarket shelves. Next month - we'll take a close look at trans fats.



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