



foodsense

MONTHLY NEWS & VIEWS

June 09 issue

Vive!™ health

tasting great, living well!



Over the past few months 10 NHS Trusts have tried the new Vive! Health meals to popular acclaim and we now have 4 sites currently using the new range either in full or as part of their food service offer. Two more sites are scheduled to start in the next 2 months. Particular interest has come from Trusts with maternity and oncology wards where a flexible approach to meal times is essential to meet the needs of these very different patient groups.



If you have not seen or tried the Vive! Health meal range then why not arrange a demonstration from your catering consultant. If capital for new equipment is an issue then please talk to us as we can create a complete meal, microwave and crockery package to suit your needs.

For further details please email Les.Darlington@tvf-online.co.uk

Keith Durman

1st February 1947-25th May 2009

Goodbye to a Good Friend

Many of you will have come across Keith during his career with Tillery Valley Foods and will have known him either in a professional capacity or as a colleague. In whatever way you may have known Keith he was a popular member of the TVF team and he will be missed by all of us.

On Friday 5th June 2009 his family, friends and colleagues attended a lovely memorial service to celebrate his life at All Saints Church, Stanford a stones throw from his home. We heard a moving tribute read by his youngest son Steve, amusing stories from the congregation and songs from Keith's all time favourite – John Denver.

It was a fitting tribute to a genuinely good guy – he will always be remembered.



NHS SUPPLY CHAIN APPROVAL

Anyone requiring a copy of our latest STS audit certificate should contact Cath.Lillow@tvf-online.co.uk who will be happy to forward an electronic copy to you so that you may update your files.



Vegan Meals Development

Development of our new range of complete individual vegan meals is well under way and we expect to publish the detail of the final selection in a later edition of Foodsense.

To give you an early taster though here are some of the ideas currently being developed:

- *Butternut and Date Tagine*
- *Chow Mien*
- *Bean & Lentil Chilli*
- *Smoked Tofu Stew and Dumplings*
- *Aubergine and Butter Bean Biryani*

Remember to keep an eye out for future editions of Foodsense to be certain of catching an update on this latest development.

Let the sunshine in.....

Welcome to summer! A good time to think about what the summer sun does for us in addition to warming us up, making us feel good and giving our skin a golden glow.

As I go on holiday, as a dietitian I am thinking that this is the prime time to stock up on vitamin D for the coming winter months. It is perhaps strange that we consider vitamin D a nutrient, as it is difficult to gain enough vitamin D from our diet - and because we don't even know how much we need for optimal health. As a country, the UK is alone in having no dietary intake recommendations for vitamin D for those aged between 4 and 65 years.

Vitamin D is a fat-soluble vitamin, which means that we store unused vitamin D in body tissues for use throughout the year. As we are lucky if we get a fifth of our daily vitamin D needs from our diet, we are reliant on the sun to safeguard healthy vitamin D levels. Our body's flagging springtime levels of vitamin D reflect how much we were able to make during the summer months the year before. Food intake and biochemical data, as collected in sequential population studies such as the National Diet and Nutrition Survey (NDNS), have been crucial to enable scientists to develop a better understanding of vitamin D.

Safe exposure of the skin to sunlight during May to September is essential, when the ultra violet rays (UBV) from the sun manufacture Vitamin D in the upper layers of our skin. Sounds easy, but it is a balancing act. Even using high protection sun creams (above factor 8) and 'covering up' can reduce the amount made and stored. People with darker skin are less able to make vitamin D from our weaker northerly sun. So the fact that we have a vibrant multicultural society here in the UK, also means we have a resurgence of rickets, and children from Asian and Afro-Caribbean groups have been found to have a really high risk. And where you live is important too, as once north of 52 deg - the Ipswich latitude - the sun's rays are too weak between October and April for the skin to make vitamin D.

Vitamin D is essential in early life to enable calcium and other nutrients to establish a good strong skeleton. So pregnant and nursing mums need plenty, as do youngsters right up to when they stop growing, i.e. through the adolescent period.

At the other end of the spectrum, whilst even active older people are increasingly susceptible to osteoporosis, add to that being ill and house-bound and finding it difficult to get enough sun exposure.

So some groups of people may need prescribed supplements. As we store excess vitamin D, it is unwise to take supplements other than through professional advice. This is because there is concern about toxicity for those who take unrealistic supplementation, or multi-supplement with different vitamin preparations. Health care professionals know how to prescribe the optimum dosage for different age groups and individual circumstances, and also whether calcium is required to get the best benefit.

Food sources of vitamin D are limited - margarines (soft and hard) are fortified with vitamin D and can be used for spreading and in cooking. Oily fish are another good source, and the FSA recommends that we eat a portion a week. There is a small amount in eggs, meat and offal (the liver and kidneys are important organs in vitamin D metabolism), and we absorb vitamin D best from fatty sources. Some popular foods such as breakfast cereals and dairy products are good vehicles for vitamin D fortification, as they are less expensive, store well and are popular with both youngsters and more vulnerable older people. In the USA many dairy foods are fortified with vitamin D, and Americans in England may be unaware that the same is not true of our products, except those labelled as such.

And the overall message - don't neglect including good sources of vitamin D in your own diet and your recipes and menus. Use fortified margarines in cooking and spreading where it is fitting. Whilst many oils are sources of 'good' fats and butter tastes lovely.....balance your use of fat sources to use all types, and remember that mono-unsaturated olive oil based spreads are vitamin D fortified. Include plenty of fish, and make use of fish and meat pates and spreads, and eggs. Put these ingredients to good use in sandwiches and cold dishes - and get everyone outside in the sun for a picnic!

Anne Donelan,
Dietetic Services Manager

Email addresses change frequently -
If you change your email address please be sure to advise our
Customer Services Manager Michelle Brown:
michelle.brown@tvf-online.co.uk

Tillery Valley Foods Limited, Cwmtillery Industrial Estate, Abertillery, Gwent NP13 1LZ
Telephone: 01495 211555 Fax: 01495 213839 www.tvf-online.co.uk

