

Health Triangle

The official e-mag of
UK Health Radio



Happy
On The Outside
Hurting
On The Inside?

The Kefir
Solution
by Janey Lee Grace

The Patient
Advocate

Health Focus
Food
Labels

Mental
Health

Diabetes





Editor's Note:
This Month ▲

LIFE AND DEATH

Perhaps more than usual, this edition confronts the existential issue from several different angles. More than one feature writer refers to the recent celebrity suicides in fashion and in food.

The Patient Advocate piece focuses exclusively on the impact of anyone's decision to end their life on those they leave behind. No man is an island and depression distorts perception. Speaking of fallen soldiers, A E Housmann put it like this: "Here dead lie we because we did not choose to live and shame the land from which we sprung. Life to be sure is nothing much to lose but young men think it is and we were young."

Happily the tone of this month's Health Triangle magazine is significantly better balanced and altogether more optimistic, exploring ideas on how we can make the most of the lives we have - from understanding food labels to dealing with unrealistic expectations and the demons of perfectionism.

Here we are in mid-summer.

The place is here.

The time is now.

And now is good!

Reg Starkey
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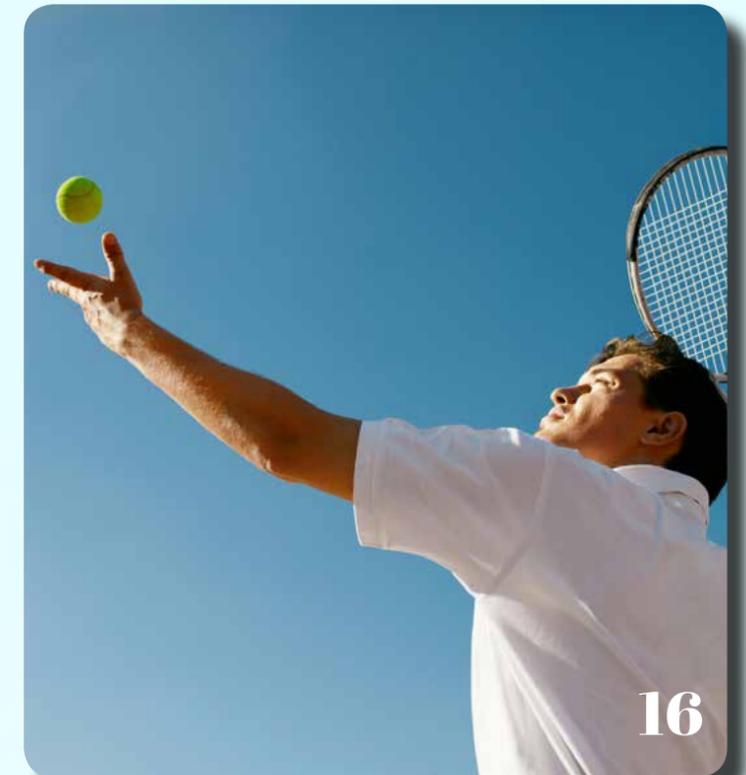
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Nutrition labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars.

Most pre-packed foods have a nutrition label on the back or side of the packaging. These labels include information on energy in kilojoules (kJ) and kilocalories (kcal), usually referred to as calories. They also include information on **fat, saturates (saturated fat), carbohydrate, sugars, protein and salt**. All nutrition information is provided per 100 grams and sometimes per portion of the food.

Supermarkets and food manufacturers now highlight the energy, fat, saturated fat, sugars and salt content on the front of the packaging, alongside the reference intake for each of these. You can use nutrition labels to help you choose a more balanced diet.

FOR A BALANCED DIET:

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on potatoes, bread, rice, pasta or other starchy carbohydrates – choose wholegrain or higher fibre where possible
- have some dairy or dairy alternatives, such as soya drinks and yoghurts – choose lower-fat and lower-sugar options
- eat some beans, pulses, fish, eggs, meat and other protein – aim for 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids – the government recommends 6 to 8 cups or glasses a day

If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Try to choose a variety of different foods from the 4 main food groups. Most people in the UK eat and drink too many calories, too much fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

NUTRITION LABELS ON THE BACK OR SIDE OF PACKAGING



Nutrition labels are often displayed as a panel or grid on the back or side of packaging. This type of label includes information on energy (kJ/kcal), fat, saturates (saturated fat), carbohydrate, sugars, protein and salt. It may also provide additional information on certain nutrients, such as fibre. All nutrition information is provided per 100 grams and sometimes per portion.

How do I know if a food is high in fat, saturated fat, sugar or salt?

There are guidelines to tell you if a food is high in fat, saturated fat, salt, sugar or not. These are:

TOTAL FAT

- High: more than 17.5g of fat per 100g
- Low: 3g of fat or less per 100g

SATURATED FAT

- High: more than 5g of saturated fat per 100g
- Low: 1.5g of saturated fat or less per 100g

SUGARS

- High: more than 22.5g of total sugars per 100g
- Low: 5g of total sugars or less per 100g

SALT

- High: more than 1.5g of salt per 100g (or 0.6g sodium)
- Low: 0.3g of salt or less per 100g (or 0.1g sodium)

Health Focus

Food Labels

Images: iStock



The Patient Advocate

A Monthly Healthcare Advocacy Editorial by **Joni Aldrich**
a Patient Safety, Cancer and Caregiving Advocate

WITH SUICIDE, THERE ARE MANY VICTIMS

“Suicide rates continue to rise dramatically for adults in the United States, according to a report by the US Centers for Disease Control and Prevention (CDC) released today. Between 1999 and 2016, the time of the latest estimates, half of the states saw at least a 30% increase in suicide rates. Overall, there were almost 45,000 total deaths by suicide in 2016 alone.” ~ Medscape, Deborah Brauser, US Suicides Increasing at ‘Alarming Rate,’ Says CDC

My little daughter has died. Other near and dear ones have died. I want to join them in Heaven. I have been prostrated with illness a long time. When you have read this I will be dead from suicide. Do not grieve for me. Rejoice with me that death brings me a painless sleep, blessed relief from sickness suffering and pain greater than I can bear.
Deey W. M. Sneed

“why?”. What demons chased Bob over the edge to his death?

The word suicide rocks our spiritual foundation. What seems like such a senseless loss of life is often the final act of a person who simply cannot mentally (or physically—I lost one friend to suicide



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