



----- Issue 10 / June 2018 -----

WELCOME!

A warm welcome to issue 10 of The Oatly Way. In this issue Liane Reeves BSc (Hons), MSc Allergy, RD answers our questions on the important topic of bone health. Building and maintaining strong, healthy bones is important for all age groups, so we hope you will find this interview interesting and relevant to your work.

Also in this issue you will find our usual 'bits and pieces', including details of our upcoming events, a few words on the recent GDPR as well as some delicious, summery smoothie recipes. We welcome your feedback so please do contact me with any comments. Lastly, if you would like to find out more about Oatly please visit the Healthcare Professional area of our website at www.oatly.com/hcp

Kind regards,

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BONE HEALTH

Liane works for the NHS as Adult Allergy Specialist Dietitian in Oxford and also has a private practice in Oxford and Wantage. She is Diet Sheet Co-ordinator for the BDA Food Allergy Specialist Group and has co-written resources for the BDA. Oatly were delighted to interview Liane and learn more about how we can optimise bone health

Q: To achieve optimal bone health, we should meet recommendations for both calcium and vitamin D, can you tell us any more about this?

Individual requirements vary with age, gender, if there is any known disease e.g. coeliac disease or previously diagnosed osteoporosis. The amount of calcium required in a child's diet gradually increases with age and rises again at puberty due to increased skeletal growth. Requirements then stabilise once peak bone mass is reached in the late teens and early 20's. Breastfeeding mothers need increased amounts and post-menopausal women also need more due to the increased risk of osteoporosis at this stage of life.

Sufficient vitamin D is also required to ensure that calcium is well absorbed. Some foods such as eggs, oily fish and fortified products e.g. cereals, milk or milk alternatives



do provide some vitamin D, but usually not enough to meet requirements. Most vitamin D is made in the body from absorbing UVB rays from the sun on the skin. As the winter months in the UK do not provide enough UVB rays, the 2016 SACN recommendations advise that all age groups should consider taking a vitamin D supplement especially through autumn and winter. All breastfed infants and children under five years should also be given a daily supplement. Anyone with darker skins, who habitually cover up their skin and those who spend very little time in the sunshine in the summer months should also con-

**KEEP READING
ON NEXT PAGE!**



BITS & PIECES

GENERAL DATA PROTECTION REGULATION (GDPR)

You will have recently received an email from us regarding GDPR, thank you for agreeing to stay with us! We will continue to take your privacy seriously and ensure your data is safe and secure.

We hope you continue to enjoy reading 'The Oatly Way', but if you wish to unsubscribe at any time in the future you can do this using the link at the bottom of each issue.



OATLY IS A RICH SOURCE OF CALCIUM AND VITAMIN D. EACH 250 ML GLASS CONTAINS 300 MG OF CALCIUM AND 3.75 UG VITAMIN D*

*Except Oatly Organic Oat Drink

NATIONAL DIET AND NUTRITION SURVEY (NDNS)

Since our last newsletter, Public Health England has published the latest NDNS report. This suggests that we, the UK population, continue to consume too much sugars and saturated fat, and not enough fruit and vegetables, oily fish nor fibre. You can read the full report [here](#) or British Nutrition Foundation (BNF) have written an excellent summary [here](#).

COME AND MEET US!

We are busy 'out and about' over the next couple of months! Please come and meet us on the Oatly stand if you are attending any of the following events:

sider taking a daily vitamin D supplement through the spring and summer.

Q: How easy is it to meet the recommendations for calcium?

Around three portions of dairy products or alternatives a day will provide sufficient calcium although teenagers usually need to increase intake or top up with a supplement to reach their requirements. Those with a milk allergy or intolerance, who choose to follow a vegan diet or whose requirements are higher will need to ensure they replace dairy products with calcium fortified products such as plant milks or yoghurts. Some breads and cereals are also fortified with calcium and calcium-set tofu is also a good source.

Q: What advice would you give on supplementation?

Vitamin D supplements are necessary for all age groups through the autumn and winter and for some people all year round (see Q1). Healthy Start vitamins contain vitamin D for those who qualify for them. Those unable to meet their calcium requirements through diet can top up with a supplement containing calcium with vitamin D. They can be bought from supermarkets and chemists in a variety of forms e.g. tablets, chewables and liquids or your GP may prescribe them. Calcium supplements can cause tummy upsets for some people; tolerance may improve if taken in smaller more regular doses and with

food. It is best to split the dose if more than 500mg is needed. As some medications may interact with calcium, it is best to discuss supplementation with your GP or pharmacist if you are on medication.

Q: Are there any other factors we should know about to optimise bone health?

Not all calcium in foods will be absorbed well or easily used by the body due to other components in foods. Oxalic acid found in spinach, some pulses and rhubarb and phytates found in some pulses, nuts, seeds and wholegrains reduce absorption so these foods should not be relied upon for providing calcium although they do provide other important nutrients. High caffeine, alcohol or fizzy drink intakes can also affect bone health. Smoking, being underweight or overweight are associated with increased risk of osteoporosis so a balanced diet and healthy lifestyle are important. Weight bearing exercise will help to improve muscle and bone strength e.g. walking, running, yoga.

Q: If our readers want to know more about bone health, what would you suggest?

Further detailed information can be found here:

- BDA Food Fact sheets:
[Calcium](#)
[Vitamin D](#)
- [Vegan Society](#)
- [National Osteoporosis Society](#)

REFERENCES

<https://www.nof.org/patients/treatment/nutrition/>

<https://nos.org.uk/about-osteoporosis/your-bone-strength/a-balanced-diet-for-bones/further-food-facts-and-bones/>

<https://cot.food.gov.uk/sites/default/files/vitmin2003.pdf>

<https://www.gov.uk/government/publications/sacn-vitamin-d-and-health-report>

BITS & PIECES

NURSING IN PRACTICE @ THE NCC, BIRMINGHAM.

Thursday 28th June 2018.

If you are a primary care or community nurse this event is a great opportunity to meet your CPD requirements while advancing your clinical skills. For more information and to book your free place visit: <http://www.nursinginpractice-events.co.uk/birmingham-2/>

Please come and visit us at stand 43.

FOOD ALLERGY SPECIALIST GROUP (FASG) ANNUAL STUDY DAY @ ST MARY'S HOSPITAL, LONDON.

Monday 2nd July 2018.

If you are a dietitian attending this event, please come and visit us. For more information and to register for this event visit: <https://www.bda.uk.com/calendar/event/view?id=708>

ALLERGY CPD MASTERCLASS @ THE ALLERGY & FREE FROM SHOW 2018, OLYMPIA, LONDON.

Friday 6th July 2018.

If you are a healthcare professional attending this event, please come and visit us. For more information and to register for your free place visit: <http://www.allergyshow.co.uk/london/whats-on/cpd-3/>

SMOOTHIES



AVOCADO & STRAWBERRY SMOOTHIE

- 300ml Oatly Original
- 150g frozen strawberries
- 1/2 ripe avocado, peeled
- Juice of 1/2 lemon
- 1 tbsp honey (optional)
- 2 tsp chia seeds



CHILLI CHOCOLATE SMOOTHIE

- 300ml Oatly Original or Chocolate
- 2 chopped frozen bananas
- 2 tsp cacao powder
- 1 tsp ground cinnamon
- Fresh red chili, to taste

