



# fittleworth

# reach out

SEVENTH ISSUE 2020



## A hello from Andy

Dear Fittleworth customers,

As we approach the end of this unusual year I wanted to take this opportunity to send you seasonal greetings. I hope that you, your family and friends have a safe and enjoyable festive break.

I want to reassure you that the Fittleworth team are working harder than ever this month, to maintain the highest levels of service. Despite everything that is happening around us with regards to COVID-19 and Brexit, Fittleworth remains in a strong position to fulfil your order. Our team is here to respond to any query you may have and ensure your deliveries reach you as required. Be reassured that there is no need to add more product to your order. We are secure in our supply to you.

Please take care and I will see you in 2021.

Best wishes,

*Andy*



# Ostomates



## kitchen

## Festive Food Guide



**Our registered dietitian Laura Coster has provided some insights into the festive foods you might find on your tables this year...**



We understand that if you're being mindful about what you eat with your colostomy or ileostomy it can feel tricky to navigate festive occasions. We wanted to help empower you to balance celebrating and eating well this time of year. We've included festive foods for Hanukkah, Christmas Day, Boxing Day, Kwanzaa, Hogmanay, First Footing, Burns Night, and Chinese New Year.

We've highlighted which traditional recipes should be fine to eat and have included suggested recipe tweaks and alternative dishes. If you'd like us to mention other foods, or if you feel we haven't gotten something quite right, please get in touch to share with us. Alongside this blog, you can use our handy nutrition guide which is available for download here:

[www.fittleworth.com/ostomates-kitchen/](http://www.fittleworth.com/ostomates-kitchen/)

## Our Top Tips

- Many recipes that have tougher to digest foods may be tolerated in small amounts
- You may want to pick only 1 or 2 of these foods to have in the day to not overwhelm your gut
- Everyone's gut tolerance is different so eat what you feel comfortable with
- Chew your food well and take your time eating
- If you're sensitive to onion or garlic you might like to substitute them during cooking with a little asafoetida powder instead
- If you have alcoholic drinks, aim to have up to 2 across the whole day
- Aim to choose lower sugar drinks or those with minimal sweeteners
- Alternate between alcoholic or very sweet drinks with a hydrating option e.g. water flavoured with fresh fruit slices and herbs

# Hannukah: 10<sup>th</sup> - 18<sup>th</sup> December

**Brisket** - If serving with onions have up to 1-2 tablespoons.

**Kugel** - Depending on how you tolerate onions, have up to 1-2 tablespoons.

**Latkes** - As above.

**Challah roll** - Enjoy as is.

**Brussels sprouts** - They may be too tough to digest (especially with an ileostomy) so have up to 1-2 and chew them very well.

**Other vegetable side dishes** - Choose roasted, boiled or mashed root vegetables (peel before cooking). Most flavourings shouldn't cause symptoms e.g. cinnamon, nutmeg, orange zest, cranberry, and tahini. Be mindful of your personal tolerance to onion and garlic.

**Babka cake** - If it has dried fruit they are typically hard to digest so you could have a small portion and chew it very well. You might like to try to make it without dried fruit or pick out the dried fruit before eating.

**Sufyanigot** - Make with smooth jam.

# Christmas Day: 25<sup>th</sup> of December

## 'Traditional Christmas' Festive Foods

**Roasted meats** - Cook so they're very soft and tender.

**Haggis** - You might tolerate up to 1-2 tablespoons if you chew it well. You could blend the onions and oats till they're smooth before mixing with the meat.

**Nut roast** - You may tolerate 1-2 thin slices if you chew well (even with an ileostomy), but it's best to blend the nuts before baking. You might prefer another plant-based main dish.

**Quorn roast** - Enjoy as is with your favourite festive flavourings.

**Tofu roast** - We've created a delicious and easy to digest maple tofu roast recipe for you to enjoy.

**Roast potatoes** - Enjoy as is.

**Yorkshire Pudding** - Enjoy as is.

**Roasted root vegetables** e.g. parsnips and carrots, neeps & tatties - Peel them, cook them until soft and enjoy with your favourite flavourings such as honey and spices.

**Brussels sprouts** - As mentioned in the Hanukkah section above. You might prefer to try par-boiled and roasted broccoli florets with bacon, or our delicious Broccoli Gratin recipe. Red cabbage dishes - Similar to Brussels sprouts, have up to 1-2 tablespoons and chew well. It can give a red-tinge to your stoma output, but this is from the pigments in the cabbage.

**Pigs in blankets** - Aim to choose those without gristle and chew well.

**Stuffing** - A regular portion of 1 or 2 stuffing balls or 1-2 tablespoons is unlikely to cause symptoms.

**Bread sauce** - It's unlikely to cause symptoms in portions of 1-2 tablespoons. Blend the sauce so it's smooth.

**Cranberry sauce** - Choose smooth options.





# Christmas Day: 25<sup>th</sup> of December

## 'Traditional Christmas' Desserts

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### **Christmas Pudding and Christmas Cake** -

The dried fruit is typically hard to digest (for any bowel-stoma), so you could have a small portion and chew it very well. You might prefer to choose a different dessert e.g. Yule log or trifle.

**Cloutie Dumpling** - As above.

**Bread and butter pudding** - You might prefer to pick out the dried fruit before eating.

**Mince Pies** - You might tolerate 1 small pie if you chew it very well (even with an ileostomy). There are also some recipes online that don't include dried fruit, type into your internet browser's search bar "mince pies with no dried fruit".

**Cheeseboard** - Opt for crackers without seeds and choose cheeses without dried fruits.

## 'Traditional Christmas' snacks

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**Nuts** - Unfortunately these are likely to cause symptoms, especially with an ileostomy. Although if you've tried them before and tolerated them you may like a small portion e.g. 1 tablespoon and chew them very well. You might enjoy nut butter on banana or apple slices (peeled), Bamba Peanut Corn Snacks, and nut butter and oat-based 'energy balls' (blend the oats before making these).

**Crisps** - Enjoy as is.

**Pastries** - Choose those without dried fruit.  
**Chocolate** - Be mindful of having too much as it can cause a stomach upset.

## Other cuisines & Christmas

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**Spiced meats** - Enjoy as is, but be mindful of too much onion and garlic.

**Samosas and Pakoras** - They can be full of onions, spinach and other vegetables that may be tougher to digest. You might like to have 1 or 2 and chew them very well, especially with an ileostomy. If possible, you could blend all

the fibrous ingredients until smooth before mixing together and cooking.

**Gulab Jamun** - If the recipe contains nuts, have up to 1-2 sweets and chew very well (especially with an ileostomy). You might like to make some without nuts.

**Chin Chin and Puff Puff** - Enjoy as is.

# Boxing Day: 26<sup>th</sup> of December

### **Turkey and cranberry sauce sandwiches**

- You might tolerate white bread better than wholemeal or seeded. Choose smooth cranberry sauce.

**Turkey soup** - Be mindful of onions and celery, you could strain these out before serving your portion.

### **Bubble and Squeak, Rumbledethumps, and Colcannon**

- Due to the Brussels sprouts, and/or cabbage and kale, you might like to have up to 1-2 tablespoons and chew very well (especially with an ileostomy). You could blend the vegetables until smooth before cooking. You might like to swap those vegetables for leftover root vegetables instead.

# Kwanzaa: 26<sup>th</sup> December - 1<sup>st</sup> January

**Jollof rice** - Depending on which vegetables you use, choose easier to digest options and cook them well e.g. bell peppers, carrot, peeled aubergine. You can parboil plantain before frying so it's easier to digest. Green beans, peas, and celery can be hard to digest even when well cooked. You might like to have up to 1-2 tablespoons of these vegetables in total, chewing very well (especially with an ileostomy).

**Spiced meats or fish** - Ensure they're very soft before eating, be mindful of bones.

**Jambalaya** - Similar to the Jollof rice notes. You could blend the tomatoes until smooth (sifting out pips) before cooking.

**Gumbo** - Similar to the Jollof rice notes.

**Coleslaw** - As the vegetables are raw these may not be well tolerated if you have a colostomy or ileostomy. If you'd like to try it, have up to 1-2 tablespoons and chew very well.

**Collard or Spring Greens** - Unfortunately these are very difficult to digest for those with any stoma of their bowel. It's best to choose a different vegetable side dish.

**Potato salad** - As per the coleslaw notes.

**Fried okra** - This can be difficult to digest so have up to 1-2 tablespoons and chew very well (especially with an ileostomy).

**Fufu** - Enjoy as is.

**Cornbread** - Enjoy as is.

**Flatbread** - Enjoy as is.

**Sweet potato pie** - Enjoy as is.

**Fruits** - Choose easier to digest options e.g. mango, banana, melon, papaya rather than more fibrous fruits like pineapple.

# Hogmanay & First Footing: 31<sup>st</sup> of December

**Haggis** - As mentioned in the Christmas section.

**Cock-a-leekie soup** - If you have a colostomy, you might tolerate up to 1-2 tablespoons worth of leeks if they're very soft. If you have an ileostomy, or you'd prefer to anyway, you can blend the leeks into the soup. Due to possible increased smells from your output, it's still best to only have a small portion.

**Cloutie Dumpling** - As mentioned in the Christmas section.

**Black Bun** - Similar to the Christmas Pudding notes in the Christmas section.

**Shortbread** - If it has dried fruit, see the Mince Pie notes. Otherwise, enjoy as is.

**Cranachan** - You might like to have a little of the raspberries and oats, chewing very well (especially with an ileostomy). You could use strawberries instead which might be tolerated better. You could swap the oats for crushed shortbread or another biscuit.

# Burns Night: 25<sup>th</sup> of January

**Haggis** - As mentioned in the Christmas section.

**Cloutie Dumpling** - As mentioned in the Christmas section.



# Chinese New Year: 25<sup>th</sup> of January

**Shredded duck** - Chew very well to make the crispy skin easier to digest, enjoy with smooth sauces. If serving with cucumber, peel before slicing to serve. You might tolerate a few slices of spring onion and you'll likely find the green parts easier to digest.

**Steamed fish** - Cook so it's very soft.

**Longevity noodles** - There are so many variations of this recipe, but we recommend: skip using mushrooms or green beans, but you can blanch other vegetables before adding into the noodles e.g. carrot or bell pepper slices,

bamboo shoots, white radish, a few broccoli florets, or the green parts of Chinese cabbage. Chew everything very well (especially with an ileostomy).

**Mooncake** - If they're made with dried fruit, nuts and seeds you might like to have half of 1 cake and chew it very well. If you have an ileostomy, or you'd prefer to anyway, you could blend all the ingredients before cooking. Serve with smooth sauces.

**Black Jelly and other jellies** - Enjoy as is.

We hope that you feel reassured about choosing festive foods and reducing the risk of blockages and symptoms like cramps, high stoma outputs, stoma bag ballooning, and increased unpleasant smells. Whatever you're celebrating over the next couple of months, we wish you and your loved ones all the best.

## Recipe: Broccoli Gratin

### Ingredients:

1 large head of broccoli  
200g smoked streaky bacon  
150g cooked chestnuts  
1 garlic clove  
30g butter  
30g plain white flour  
300ml whole or semi-skim milk  
¼ tsp ground nutmeg  
1 lemon  
100g grated mature cheddar cheese  
50g panko breadcrumbs  
Salt / Pepper to season



1. Pre-heat the oven at 190°C
2. Bring a pan of salted water to the boil. Remove the tough stalks of the broccoli, then cook the florets in the water for 10 minutes or until soft. Drain the broccoli.
3. Cut the bacon into lardons and crush the garlic. In a frying pan, sauté the bacon for a few minutes, then add the chestnuts and garlic, cook for an extra 2 minutes, then add the broccoli for 2 more minutes.
4. In a saucepan, melt the butter, add the flour, then cook for a minute. Add the milk and make a roux. Add the lemon zest, the nutmeg and half the cheese, taste for seasoning.
5. Place the broccoli mix into a gratin dish, pour the cheese sauce over. Combine then sprinkle the panko and remaining cheese over the top.
6. Place the gratin in the oven and bake for 30 minutes or until the sauce is bubbly and crispy over the top.

### Note:

- You can add a drizzle of truffle oil into the cheese sauce.
- Replacing the cheddar with blue cheese adds a richer flavour.

# Recipe: Maple Tofu Roast



## Ingredients:

**1** large block of extra firm tofu  
**(600g)**  
**1** orange  
**20** cloves

## For the marinade:

**150ml** soy sauce (or tamari)  
**150ml** maple syrup  
**1 tbsp** 'liquid smoke'  
**1 tsp** smoked paprika  
**1 tsp** garlic powder  
**1 tsp** onion powder  
**¼ tsp** ground black pepper  
**½ tsp** ground cumin  
**½ tsp** ground ginger

## For the glaze:

**50ml** whiskey or brandy  
**1** orange  
**1 tsp** sesame seeds  
**½ tsp** chilli flakes  
**100g** dark brown sugar

## Note:

- If you cannot find 'liquid smoke', you could find 'smoked oil'. Otherwise, you could use an extra 1 tsp of smoked paprika.
- The dryer the tofu is before cooking, the more marinade it will absorb.
- You can swap the alcohol for extra soy sauce or tamari.

**Serves:** 4

**Time to prepare:** 60 minutes  
(including the small preparation two days before)

**Time to cook:** 60 minutes

1. Two days before cooking your tofu, remove from the packaging and squeeze the tofu very firmly with your hands. Place in a kitchen towel and on a rack, put these in your fridge overnight.
2. One day before cooking your tofu, combine all the marinade ingredients and whisk.
3. Place the tofu in a dish that's a similar size to the tofu. Pour the marinade over to coat all sides. Place the tofu in the fridge for a minimum of 24 hours, turning the tofu onto its other side a minimum of once (but the more times the better).
4. On the day you cook your tofu, heat the oven at 180 C fan.
5. Remove the tofu from the marinade (keep the marinade for step 8), then place the tofu on a roasting tray with baking paper underneath.
6. Score the tofu with a knife in a criss-cross pattern over the whole top surface, place the 20 cloves in some of the scores.
7. Bake in the oven for 30 to 40 minutes, the tofu should be golden and slightly brown on its edges.
8. Mix the marinade with the whiskey, zest and juice of the orange, sesame seeds, chilli flakes and the sugar. Bring to a boil and reduce until it's a syrup consistency.
9. Pour the glaze over the tofu and bake for another 20 minutes or until the tofu becomes dark brown. Open the oven and bath the tofu with the glaze every 5 minutes or when dry.
10. When ready to remove from the oven, slice some oranges and place these on your serving platter. Place the tofu overlapping the orange and serve when hot.

For more recipes visit:

[www.fittleworth.com/blog/](http://www.fittleworth.com/blog/)



## We have plenty of stock

Our stock levels remain high and our supply chains are solid, ensuring you will always have products available. This means there is absolutely no need to order more supplies than you would normally.



**Face**

## We have secure supplies, so you don't need to increase your order

Please consider others when you order and only ask for what you need.

All Fittleworth delivery personnel wear face coverings when bringing you your order



**fittleworth**

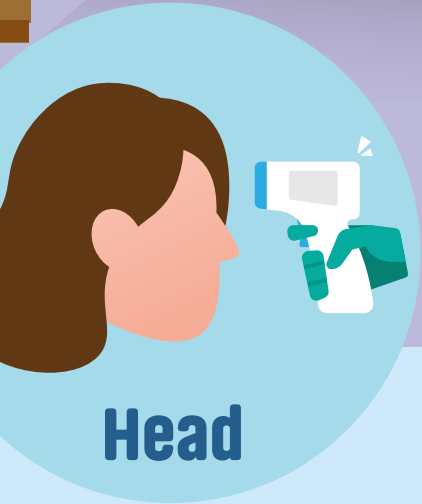
**Ensuring your products are delivered safely, always**



We've taken measures in all our centres to make sure our colleagues have clear space around them.



**More than 2m**



**Head**



**Hands**



**Gel**

We are continuing to monitor the health of all our staff

All our staff abide by strict hygiene practices

We use medical grade antibacterial gels throughout our organisation



## in good company

### Reconnecting with people

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Here at Fittleworth we want you to know that you're not alone, particularly at this time when we're all continuing to physically distance from one another.

**We talk to over 2,000 clients every day and understand how challenging it can be to manage a long-term medical condition.**

Earlier in the year we launched a series of podcasts which are all about overcoming loneliness.



# Our new podcast series is all about overcoming loneliness

These open, honest and informal conversations are hosted by BAFTA award-winning broadcaster, vocal coach and Crohn's & Colitis UK ambassador, Carrie Grant.

For this new series, we join forces with older people's charity, Independent Age, to address the common issue of isolation, and how to overcome it by reconnecting with people.



Each episode will feature an Independent Age representative who will answer questions and offer advice to listeners.

Our support materials include

Reconnecting with People Guide



In Good Company podcast



Independent Age Loneliness Guide

Download our support materials, and listen to the podcast now, at:

[www.fittleworth.com/ingoodcompany](http://www.fittleworth.com/ingoodcompany)

# We welcome feedback

We are committed to providing the highest nursing care and home delivery service. If you wish to contact us regarding the nursing care or service we would welcome the feedback. This helps us to continually improve the quality of the service we offer. Any comments will be treated sensitively and impartially.

Please contact us on 0800 378 846 (Scotland:0800 783 7148) or if you prefer you can email us on [caring@fittleworth.com](mailto:caring@fittleworth.com).

Our Clinical Governance Team will support you if necessary. Our internal complaints and clinical incident policy follows NHS and CQC guidelines.

## Can we help?

Please let us know if there is anything we can do to support you. If there is something urgent, here's how you can get hold of us:

### Contact us now on FREEPHONE

UK: **0800 378 846**

Scotland: **0800 783 7148**

Lines open Mon to Sat

### Freepost FITTLEWORTH

[caring@fittleworth.com](mailto:caring@fittleworth.com)

[www.fittleworth.com](http://www.fittleworth.com)



## Christmas Opening Hours

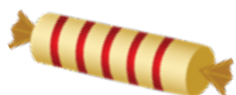


**Thurs 24th December**  
**Christmas Day**  
**Boxing Day**  
**Sun 27th December**  
**Mon 28th December**  
**Tues 29th December**

8am-5.15pm  
Closed  
Closed  
Closed  
Closed  
8am-5.15pm

**Weds 30th December**  
**Thurs 31st December**  
**New Years Day**  
**Sat 2nd January**  
**Sun 3rd January**  
**Mon 4th January**

8am-5.15pm  
8am-5.15pm  
Closed  
Closed  
Closed  
8am-8pm  
(except Scotland)



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