

Nutrition

It can be difficult to know where to start with healthy eating. There are so many diets out there, which one to choose?

The bottom line is that it is essential to eat a **wide variety of foods in the right proportions** to get the nutrients we need. Take a look at the Eatwell Guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>



All diets have pros and cons. Pick one that suits your tastes, lifestyle and medical needs best. Beware of fad diets as these can be damaging to your health. Follow the link for more information on how to spot a fad diet: <https://www.bda.uk.com/resource/fad-diets.html>

A key component of all diets is **eating less ultra-processed foods/drinks**. The challenge now is that we increasingly consume an unnatural diet. Over 54% of the average UK adult's diet is ultra-processed food (UPF) (PH Nutrition 2017;10.1017). There are a few definitions for this, but Chris Van Tulleken summed it up as:

“Most UPF is NOT FOOD, it is an industrially produced edible substance.” (Ultra-processed People: Why Do We All Eat Stuff That Isn't Food...And Why Can't We Stop?)

Follow this link for more information on the harmful effects of ultra-processed foods: <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/what-are-processed-foods/>