

PPG SELF-HELP SERIES

No. 1 WE ARE WHAT WE EAT

One of the missions of the Victoria Medical Centre and Lees Place PPG is to educate patients about how to make better life-style choices for themselves and their families in order to avoid suffering ill health in later life. Many serious illnesses that creep up on us in middle age – such as high blood pressure, heart disease, diabetes and some cancers – are avoidable if we make sensible choices about our diet early on in life.

Nigel Denby, the well-known dietician and weight management consultant, is based at Lees Place Medical Centre.



If you take a look at his website: <https://www.leesplacemedicalcentre.com/nigel-denby-dietician-and-weight-mangement-consultant>, you can find out more about his work (translated into 104 languages). You will also be able to watch three useful videos that will give you food for thought about making changes to your daily diet.

1. BBC Breakfast interview – Nigel talks about the importance of setting a good example for your children to follow.
2. BBC Breakfast interview – Nigel talks about better awareness of food labelling. Take the quick quiz. 85% of people taking it for the BBC got the answer wrong. See if you get it right
3. A TRUE TUBE video about what we eat and what we should eat. Making the right choices does not mean spending time slaving over a hot stove cooking from scratch, it just means being aware that a small change to your diet can be a life-changing decision.

FOOD FACTS – CHANGE4LIFE – NHS CHOICES

Take a look at the website: <https://www.nhs.uk/change4life-beta/food-facts>. It is full of interesting facts and advice on how to control your sugar, fat and salt intake. Did you know, for instance, that an adult should try to keep below the recommended intake of 5 to 7 teaspoons (7 cubes) of sugar a day, and 6 gr (1 teaspoon of salt), and the intake is much lower for children.

FAT: THE FACTS

If you want to find out more about the good and bad effects of saturated fats (found in meat and dairy products) and unsaturated fats (found in vegetable oils and fish) take a look at the website: <https://www.nhs.uk/Livewell/Goodfood/Pages/Fat.aspx>

We hope you find this information interesting and informative. We would welcome your 'feedback', and any suggestions you may have for future 'Self-Help' bulletins.

Your VMC PPG.