

# Food and Nutrition



The UK's growing addiction to poor nutrition and unhealthy food is costing the UK economy £268 billion a year, outstripping the entire NHS budget. The increased consumption of foods high in fat, salt and sugar or which have been highly processed is having a devastating impact in our health and Britain's finances. Poor nutrition and obesity has been directly linked to type 2 diabetes, heart problems and kidney disease. Of the £268 billion, £176 billion can be attributed to the cost of lost productivity from people who are too sick to work due to diet-related illness, pain and early death.

Food and Nutrition is non-accredited training and teaches people how to eat healthily, avoid highly processed food rich in fat, salt and sugar and to understand food labelling. We will also spend some time discussing the Eat Well Guide and suggesting how to ensure you consume at least 5 portions of fruit and vegetables every day. We'll also provide content on hydration, food groups, the importance of vitamins and minerals, alcohol and calories and eating healthy on a budget.

We deliver this training using a workshop approach and sessions generally run for 90 minutes. We limit the number of participants to 20 per workshop.

A brief assessment and certificates of attendance will be issued to each delegate. Workshops are available online via MS Teams and in person.

We are happy to discuss any further requirements you may have and are able to deliver workshops in your workplace. To send us a general enquiry, please email us on [workplacehealth@pcp.uk.net](mailto:workplacehealth@pcp.uk.net)

**Cost: Please contact us to discuss further.**