

the great british bedtime report - the sleep council - the great british bedtime report | 3. introduction getting a good night's sleep is the key to looking and feeling our best. this is because just one bad night's sleep affects our mood, concentration and alertness, while long-term sleep deprivation has far more serious consequences: it's been linked to a number of serious health problems such as heart disease, diabetes and stroke ... **all about gout and diet - uk gout society** - diet all about gout and diet what is gout? gout is a type of arthritis. it is caused by having too much of the chemical, uric acid, in your bloodstream. uric acid is the waste product created when the body breaks down purines (a type of protein found in many foods and all of your cells). increased levels of uric acid in your blood may occur if, for example, your kidneys cannot efficiently ... **history of the british dietetic association** - the british dietetic association a history of foreword by lord boyd orr the research of the last 50 years which showed that lack of specific constituents of food is the cause of what are now known as deficiency diseases, is one of the greatest achievements of modern science. there remained, however, the difficult task of getting the new knowledge applied in practice. to do this there arose ... **teachingenglish | lesson plans - british council | bbc** - 2) advertising campaigns are encouraging british people to try new foods. 3) the most popular tv chefs in britain are younger and more charismatic than they used to be. **obesity in the uk: a psychological perspective - bps** - as much attention as sociological and diet issues as ways of tackling this growing epidemic. this report, commissioned by the british psychological society, attempts to redress this with a cohesive approach between academic and applied work by producing a report on **oils and fats in the diet - british nutrition foundation** - diet, we may inadvertently increase the amount of saturated fats we are eating. make sure that you read food labels and try to avoid eating too many foods containing partially hydrogenated vegetable oils . **the british heart foundation diet meal plan (aka the three ...** - the british heart foundation diet meal plan (aka the three day diet) this diet is best known as the british heart foundation diet or the greenland diet and has been circulating **the following legislation protects veganism in the uk and ...** - you may have a claim under article 9 hospital you should be given a good vegan diet. in school your in school your vegan beliefs should be respected in art, cooking, sports and, of course, if food is provided for you. **trust a dietitian key fact sheet on irritable bowel syndrome** - the british dietetic association, founded in 1936, is the professional association for dietitians in great britain and northern ireland. it is the nation's largest **food expenditure and nutritional quality over the great ...** - behaviour can have important implications for diet. we are able to study this exploiting very detailed data on a set of households' food purchases through time. british households have cut real expenditure on food brought into the home. (real expenditure on food is nominal expenditure on food divided by the food component of the consumer price index.) they have reduced the amount of ... **national farmers' union world war one: the few that fed ...** - national farmers' union british farmers and growers played a significant role in the war effort during 1914-1918 to produce food for the nation. his report focuses on how the events of the great ar changed the face of british farming and w changed the way farmers and growers produced food. world war one: the few that fed the many. a fter the agricultural depression of the 1870s, british ... **sleep matters - mental health foundation** - way that healthy diet and exercise can help to improve our mental health, so can sleep. "there is no universal answer to the question of how much sleep a person needs. this varies from person to person. what is important is that people find out how much sleep they need and ensure that they achieve this." the consequences of poor sleep should be taken seriously in healthcare, education ... **classic recipes and top tips to help you get baking - bbc** - baking is a great british tradition "it is relaxing, rewarding and great fun. when we were making the bbc two series the great british bake off, **the truth about detox diets - nhs choices home page** - detox diets this food fact sheet is a public service of the british dietetic association intended for information only. it is not a substitute for proper medical diagnosis or dietary advice given by a dietitian.

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