



ONE DIET BUNKÜM

THE FOUNDATIONS OF NUTRITION

JULIET NORMAN – NUTRITIONAL THERAPIST

Chippy
WELL
fest

“In 2016/17, there were 617 thousand admissions in NHS hospitals where obesity was a factor. This is an increase of 18 per cent on 2015/16.”

Typical Complaints

Sugar cravings

Poor sleep

Tired/Low energy

Digestive issues

PMS/Menopause

Joint issues

Headaches

Weight issues

Skin issues

Mood Swings

Stress


Chronic disease

Constant colds and ailments





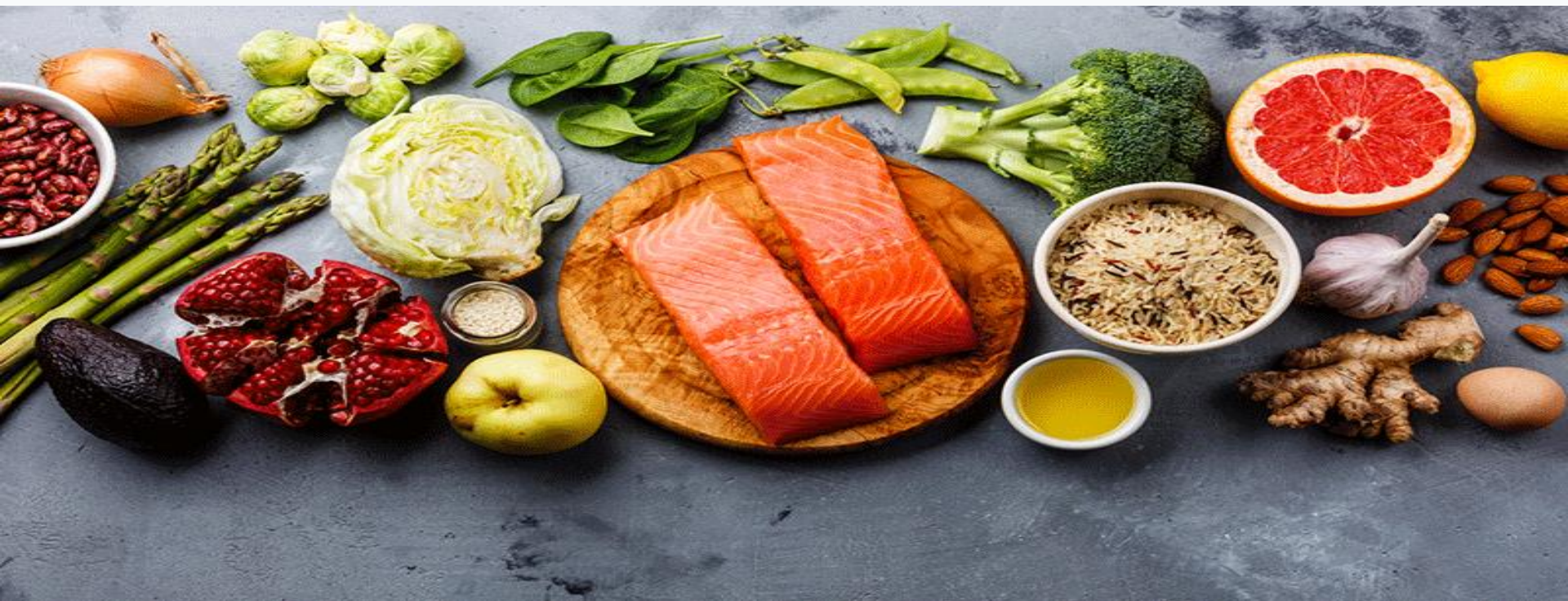
The Microbiome



**Homemade
Chicken
Bone Broth**

John Newton, Public Health England, 2016

“The number of people with diabetes has been steadily increasing and tackling it is fundamental to the sustainable future of the NHS.....Developing Type 2 diabetes is not an inevitable part of aging, we have an opportunity through public health to reverse this trend and safeguard the health of the nation and the future of the NHS”



What Sugar can do to your body

Sugar can damage your heart

Sugar can stop you feeling full

Sugar can be linked to cancer production

Sugar causes energy dips

Sugar is stored as belly fat

Sugar causes liver damage

Sugar causes early ageing

Avoid Trans Fats/hydrogenated fats

In PROCESSED FOOD

some margarine, ready meals, cakes, biscuits

Trans fats create **inflammation**

**Inflammation is linked to heart disease, stroke,
diabetes and other chronic conditions**



Benefits of fibre

Insoluble fibre

Seeds & skins of fruit & veg

Promotes regular bowel movement
vital for removing toxins

Protects against bowel disease

Promotes a feeling of fullness

Soluble Fibre

Oats, nuts, beans, flax & chia
seeds, apples, blueberries

Protects against diabetes by
keeping blood sugar balanced

Removes cholesterol protecting
your heart

Protects against constipation

Promotes healthy skin

Fibre rich meals and snacks

A bowl of porridge

A piece of fruit and some nuts

A vegetable smoothie

A salad for lunch

Vegetable soup

Carrot sticks with hummous

What is your daily intake of water?



Protein



Healthy Fats

It's all about Balance



My Speaker Tip

“Remove or reduce
sugar, refined
carbohydrates and
processed foods from
your diet”



THANKS FOR LISTENING

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