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Healthy Eating Guidelines & Weight Loss Advice For The United Kingdom

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Healthy Eating Guidelines & Weight Loss Advice For The United Kingdom Public Health Collaboration The UK has one of the highest prevalence's of obesity in Europe at 25% and the number of people living with type 2 diabetes has more than doubled since 1996. Both cost the NHS £16 billion a year, and the UK economy at large £47 billion a year. These worrying statistics suggest that there is something wrong with the lifestyles of the UK population. However, according to the latest National Diet and Nutrition Survey published in 2014 by PHE and the FSA adults in the UK have been generally following healthy eating guidelines. In fact on average adults in the UK have been eating 383 calories below the recommended daily amount as well as eating just below the recommended 35% for total fat consumption. This seemingly paradoxical situation of following healthy eating guidelines yet having dire health statistics brings into question the very guidelines that the UK population is being asked to follow. With all of this in mind, the non-profit organisation, Public Health Collaboration (PHC), has written this report on the most up to date science and without the vested interests of the food industry. If you wish to find out more about the PHC please visit our website at www.PHCuk.org where you can also consider a donation to our cause.

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