

***Boosting Our Health by Eating & Drinking* Course Syllabus**

Source of course material : Acknowledgements & Health Warning
Three principles and initial key messages
Unhealthy eating: what to avoid
What is moderation in eating?
Plant-based foods
More on Ultra-Processed Food (UPF)
The impact of eating/drinking unhealthily
The Mediterranean eating pattern: an example of healthy eating/drinking
The *when* of healthy eating
Foods for a *healthy planet*
Toxic food and drink
The sugar, salt and fat myths
Food labels
Losing weight
Concluding the course : next steps
Glossary of terms and abbreviations
Sources of further information and Q&A from previous courses

Handouts

Not all research is equal: what is the least / most reliable research?
The gut microbiome's *communicator* function
Nutrients and food groups
Health benefits of insoluble & soluble fibre
Seasoning plant-based food: some great flavour combos
Examples of 'pairing' foods to *further* enhance nutrition
How can we 'learn to love' plant-based food? and Quick 'switch' (to plant-based food) ideas
Nutrients found in different plant-based food groups: a general guide
How to save money by healthy eating/drinking
Frequently asked questions & answers about plant-based food
Food additives: more information
NOVA classification: extent of industrial food processing
Understanding UPF
Blood sugar spikes: what are they and what are the health concerns?
Shocking facts about the impact of food farming on our environment
Omega-3 and mercury content of popular seafood
Trans fats: the facts
Limiting our alcohol intake: extra information
The UK government's alcohol guidelines
Sugar aliases: what to look out for on food labels
Which foods have the biggest impact on our weight and waist? Examples of unhealthy food/drink
Dates on food labels
Losing weight: practical tips
After you've lost some weight... keeping the weight off as a 'way of life'
Practical tips when presented with loads of food (eg when out visiting friends)
Is my waist too big?
The 'Very Fast Weight Loss' programme: the details (including medical considerations)
Preparing for the Very Fast programme: ten healthy foods to stock in the fridge & cupboards
Some questions answered about the Very Fast Weight Loss programme
'Mental approach to eating' tips
Be mindful about eating
Exercises to take back control of eating
Frequently asked questions about healthy eating & drinking
Cooking and storing food tips
Pregnancy notes
Vegan guidance
Safety tips and Do we need Supplements to be healthy?
Water facts
Losing weight myths
Myths busted