

**Tune in to a healthy diet : our expert dietitian will help you plan an eating regime as part of your health plan / Medicentres (UK) Limited.**

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# **Tune in to a healthy diet**

**Our Expert Dietitian will help  
you plan an eating regime as  
part of your health plan.**



**medi  
centre**

Healthcare that lets you  
get on with your life

## Food and nutrition play an essential role in establishing and maintaining good health.

There is increasing evidence that Obesity, Coronary Heart Disease, Diabetes, Cancer and Bowel Disorders are linked to the amount and type of food we eat.

Half the adult population in the UK is overweight and 20% are classified as obese. Obesity, together with Chronic Heart Disease, accounts for the biggest death rate in this country.

Too much high-calorie food and too little exercise, together with a generally poor diet, can be a deadly combination – literally!

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