

**Tune into a healthy diet : nutrition/ dietary advice / Medicentre.**

**Contributors**

Medicentres (UK)

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
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**healthy diet**

nutrition/dietary advice



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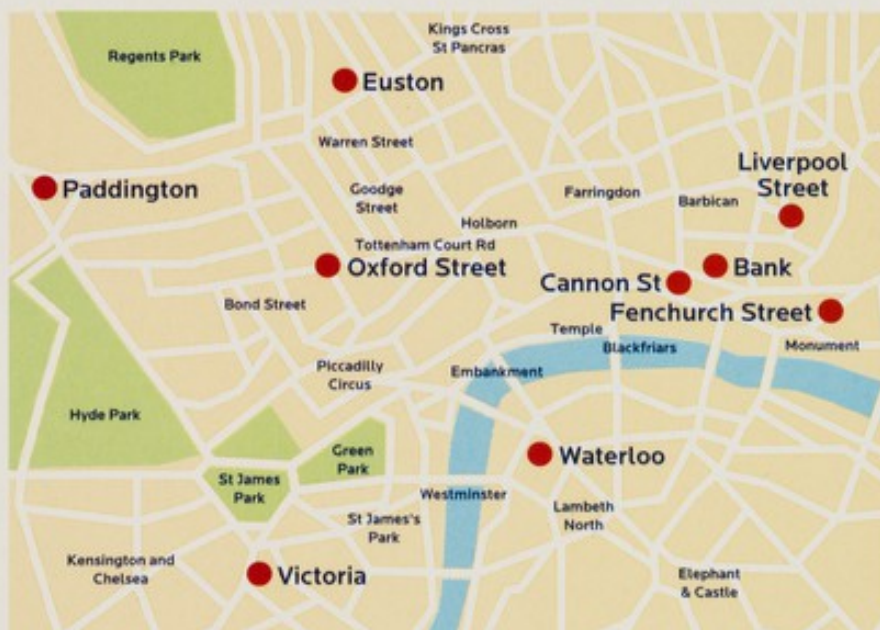
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## Food and nutrition play an essential role in establishing and maintaining good health.

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 the country.

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



**Bank** 80 Cheapside, London EC2V 6EE Tel 020 7489 7900

**Cannon Street** Unit 6A, Cannon Street Station, London EC4N 6AP Tel 020 7621 9545

**Euston** 1st Floor, Euston Mainline Station, London NW1 1DF Tel 020 7388 3211

**Fenchurch Street** 150 Fenchurch Street, London EC3M 6BB Tel 020 7626 3792

**Liverpool Street** New Liverpool House, 15 Eldon Street, London EC2M 7LA Tel 020 7256 2200

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**Paddington** Unit 50, Paddington Station, Mezzanine Level, London W2 1HQ Tel 020 7706 9666

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**Waterloo** 1st Floor, Station Concourse, London SE1 7LY Tel 020 7803 0732

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enquiries@medicentre.co.uk  
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