



## NUTRITION WELLBEING GUIDE

### **Nutritional Advice – Supporting Your Healthy Lifestyle**

We've gathered a selection of useful resources offering nutritional advice to help support you in making informed choices about your diet and overall wellbeing.

These materials include tips on healthy eating, meal planning, and understanding nutrition labels, and are designed to help you stay well and feel your best.

**Please note we do not work with or endorse any of the brands or organisations featured in these resources. We simply recommend their materials as potential helpful tools for your health journey.**

You can access the resources via the links on the last page, and if you have any questions or would like further guidance, please don't hesitate to get in touch.

Stay healthy,

The Chorley Surgery Team 😊

## WHY IS NUTRITION IMPORTANT?

The human gut is one of the largest organs in your body and is the first point of contact with the outside world. It's how the world we live in connects with us.

Spending a little time to get the basics of good nutrition right is one of the most important steps we can take to improve our health and keep well. Consistently choosing the wrong foods can trigger pathways of inflammation in the body, leading to chronic disease and ill health.

We need to feed our healthy gut bacteria fibre. Most people do not eat sufficient fibre. Fibre helps us to feel full too. Only plant food contains fibre.

Let's get informed — and start living well.

## KNOW WHAT'S IN YOUR FOOD

### PROCESSED FOOD

- Simple rule of thumb: if a food item has more than 5–6 ingredients, avoid it. It's most likely highly processed and lacking in good nutrition.
- Another tip: avoid the inner aisles of the supermarket, which are often filled with processed and refined foods.



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## SUGAR

- Highly processed, refined foods and low-fat products are often packed with hidden sugar.
- Excess sugar is stored as fat, particularly around your organs and middle, which can become harmful over time.
- Learn where sugar is hidden and avoid adding it unnecessarily.

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## FLOUR

- Flour (a major ingredient in bread and pasta) is highly refined, with the fibre and goodness removed.
- It is a high source of sugar — limit your intake and avoid making it the main part of your daily diet.

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## FIZZY DRINKS

- Fizzy drinks, fruit juices, flavoured milks, and smoothies are high in sugar.
- A glass of orange juice is the sugar from six oranges — without the fibre.

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## SWEETENERS

- Avoid sweeteners of all types, including those in diet drinks and flavoured water. They can make you hungrier and are highly processed chemicals.
- They may make weight loss harder.
- Drink water instead. Add lemon, lime, or cucumber for flavour, and aim for at least eight glasses per day.

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## OILS AND SPREADS

- Avoid margarine and processed vegetable oils such as corn oil and sunflower oil.

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## FRUIT

- Limit higher-sugar fruits such as melon, pineapple, bananas, oranges, and mango.
- These are still better choices than cakes and biscuits.

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## TREATS

- Avoid: cakes, biscuits, sweets, chocolate, ice cream, bread, pasta, rice, battered/crumbed food, potatoes, fizzy drinks, and juice.



- Fun fact: a bottle of tomato ketchup is almost one-third sugar.

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## ALCOHOL

- Limit beer (it's essentially liquid bread), sweet wines, liqueurs, and sugary mixers.

[Unit and Calorie Calculator | Drinkaware](#)

## SO, WHAT CAN I EAT?

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### FATS

- Cook with butter, coconut oil, avocado oil, or macadamia oil. These are unrefined and rich in omega-3 and omega-9 essential fats.
- Use olive oil and cold-pressed extra virgin olive oil (unprocessed) for dressings.
- Seeds and nuts contain fibre as well as oil.

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### PROTEIN

- Good sources: eggs, chicken, beef, lamb, pork, fish, salmon, tuna, duck, turkey, and shellfish.
- Choose the best cuts you can afford. Eating this way keeps you fuller for longer.
- Reducing hidden sugar intake helps regulate the hunger hormone insulin.
- Try to get meat off the bone or from a butcher for the best quality.
- Lentils and pulses are a good source of protein and fibre.

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### VEGETABLES

- Fill your plate with non-starchy vegetables, cooked in the above fats.
- Eat the “colours of the rainbow” — involve children with a rainbow chart to tick off colours eaten (e.g., avocado, spinach, mushrooms, broccoli, cauliflower, kale, cucumber, olives, lettuce, peppers).
- Variety ensures you consume a variety of vital micronutrients.

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### FRUIT

- Choose lower-sugar fruits like strawberries, raspberries, blueberries, and cranberries.



- Pair with full-fat Greek yoghurt instead of highly processed cereals. Check labels for added glucose/fructose.

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#### FERMENTED FOODS

- A healthy gut microbiome promotes good health and an earlier feeling of fullness. Fermented foods contain beneficial probiotics as well as the food they need to thrive. E.g. kefir, kimchi, sauerkraut, kombucha.

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#### DAIRY

- Enjoy full-fat milk and non-processed cheeses — they are filling and nutritious.

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#### DRINKS

- Water, tea, coffee, and herbal teas aid digestion.
- If drinking alcohol, choose red wine, dry white wine, or spirits without sugary mixers.

#### HOW WILL YOU FEEL?

- Eat mindfully: without excess sugar, your gut's hunger and fullness hormones work better. Eat when hungry, stop when full.
- Initial tiredness or headaches in the first few days can be due to "sugar withdrawal" — drink plenty of water.
- Cutting out refined/processed food reduces salt intake, so consider adding non-refined salts like sea salt or Himalayan pink salt, which contain beneficial minerals.

**Experience it to believe it!** A healthy diet is not just linked to weight but also a reduction in various diseases including a reversal of certain types of early cancer.

Try it and see how much better the right nutrition can make you feel.



## RESOURCES

- [Diet Doctor](#) — learn about hidden sugar, see real-life success stories, and find recipes.
- Explore **intermittent fasting** or **time-restricted eating** — eating within shorter daily windows can make the body more efficient. Historically, people didn't eat across 12–14 hours daily; resting the gut allows the body to focus on important repair processes.
- [Dr Rangan Chatterjee / Official Website](#) *The 4 Pillar Plan* by Dr Rangan Chatterjee — a holistic approach to diet, relaxation, movement, and sleep for better hormone control and wellbeing.
- [Ditch the Carbs](#) — another excellent recipe source.
- [Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)- Tailored advice available for people with Type 1 and Type 2 diabetes.
- [Guide to Time-Restricted Eating — Diet Doctor](#)- A detailed intermittent fasting guide.
- [Fasting & Hormones - Dr Mindy Pelz / Feel Better, Live More Podcast](#)
- [Menopause & Hormone Health with Dr. Mindy Pelz / Feel Better, Live More Podcast](#)
- [ZOE — Feel healthier. In weeks.](#)
- [Glycaemic Index \(GI\) - BDA](#)
- [Unit and Calorie Calculator | Drinkaware](#)
- Book- 'Loose weight, feel great' by Dr Chatterjee- All about the emotions of eating.