

# Food Fact Sheets



**Digestible information about nutrition, from the experts.**



**60+ Food Fact Sheets written by dietitians on everything from the best way to stay hydrated, to how to keep your heart healthy.**



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We produce **FREE** Food Fact Sheets on a wide range of topics - why not take a look today!

Over 1 million views per year!



Patient Information Forum

**BDA** The Association of UK Dietitians

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## Dietitians care about you, not just your diet.

They help you to:

- live a full and healthy life
- feel heard and understood
- access high quality, evidence-based nutrition support

**Dietetics is more than just food. It's more than just a job.**

**Trust Dietetics**

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**More than just a job.**