

A top-down photograph of two slices of dark brown rye bread topped with sliced avocado, served on a dark grey surface. A halved avocado and several lemon slices are scattered around the toast. The text 'Vital Nutrition' is overlaid on a white curved shape in the bottom left.

Vital
Nutrition

Student Survival Guide

The food we eat has a big effect on how our mind and body works, so a basic knowledge of how to eat healthily will help you get the most out of your university experience.

If you can learn the basics of nutrition and how to cook a few simple meals, then you will be well set up to eat well on a student budget, without having to rely on beans on toast for tea every night!

Your group will discover:

- How to look after yourself when you leave home for the first time
- Nutrition tips on how to fuel your brain
- Shopping ideas
- Weekly meal planner Vital Nutrition
- Simple recipes
- Revision survival guide

Get in touch

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