



Vital Nutrition

For Optimum health

Most of us take the same route around the supermarket week after week. We may never venture into the aisle that stocks quinoa or tahini – and even if we did, these are the kind of foods we buy on a whim and then find them six months later when we are clearing out a cupboard.

Vital Nutrition's Jane McClenaghan takes you on a guided tour through your weekly shopping basket. Did you know that dietary fat helps your body to burn fat, or that almonds can help you sleep better? Jane's talk is packed full of simple and practical ideas to help you make immediate positive changes for the good of your health. Vital Nutrition:

Your group will discover:

- How to make healthy choices next time you shop
- How to maximise your energy by changing your diet (slightly)
- Easy ways to estimate your perfect portion size
- Why we need fat in our diet
- Healthy ideas for breakfast, lunch and dinner

Get in touch

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