**FOOD FACTS**

It’s not all bad…

* We are eating less processed and red meat - too much can increase the risk of bowel cancer
* We are consuming less sugary drinks and free sugars, especially children
* We are currently we are consuming over twice the amount of recommended sugar intake every day.
* Eating too much sugar is a major cause of tooth decay and excess weight
* We are currently consuming only 19g of fibre per day, with 30g being the recommended amount
* Two thirds of the UK population is overweight or obese, with poor diets being the main culprit, encouraging diseases such as cancer, type 2 diabetes, and heart disease

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