

Diet M.O.T.

Locations	MAC Birmingham
Date(s)	Friday 28th September 2012 (17:00-21:00)
Download	Add to Calendar (/research/activity/brum-dine-with-me/events/diet-mot.aspx?ical=true)

mac Birmingham, Talk / personal experience

We really are what we eat! Research shows that diet affects not only our physical health but how we feel, think, learn and behave. When asked around 60% of people think they eat healthily but food surveys show this is not always the case! This interactive session enables you to assess how good your current diet is by comparing different aspects with the most recent research linking diet to mental and physical health and to set some realistic practical goals to improve it.