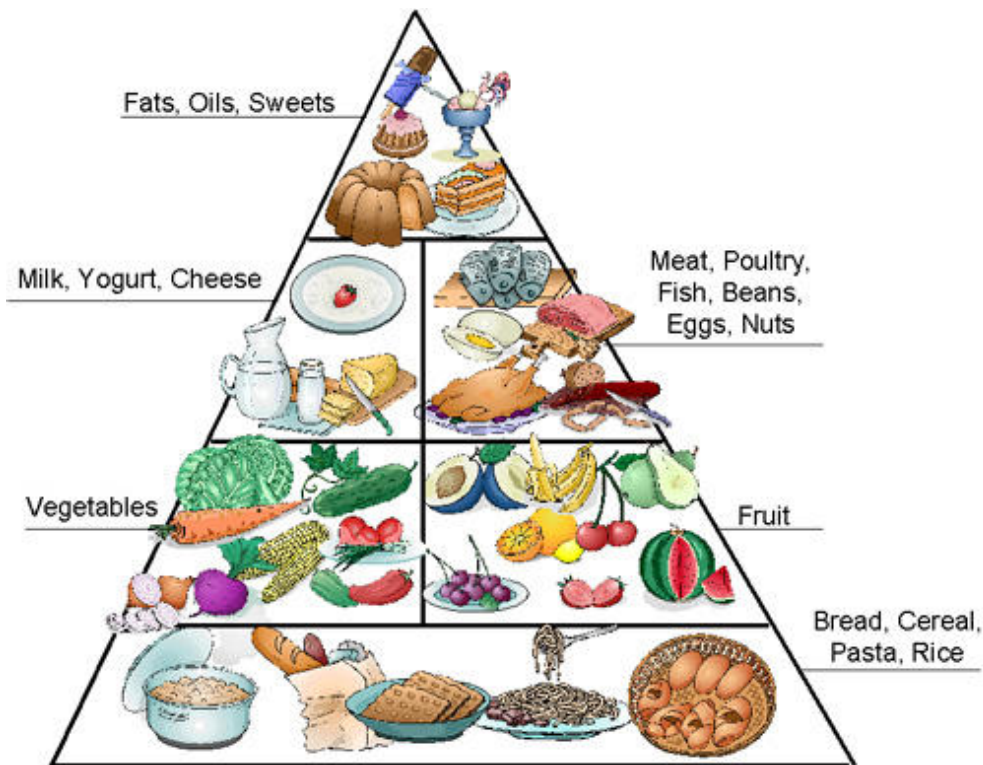




Unbalanced diets

Balanced diet nutrition is crucial for overall health. A balanced diet and good nutrition will keep you trim, give you lots of energy and lower your risk of certain disorders such as cardiovascular diseases, diabetes and some cancers. The Irish government recommends that one should follow the principles of the food pyramid (see below) in order to achieve and maintain good health.



If you are unsure of how to follow these principles, or avoid certain food groups, and would like to discuss your diet in more detail, contact the Bon Secours dietetic department to arrange an appointment tel **01 8065488**.

Bon Secours Dietetic Department: Tel 01-8065488 Email: nutrition@dublin.bonsecours.ie