

Patient Resources: Diet & Nutrition

Tips to increase longevity through diet

<https://puresportsmed.com/blog/posts/6-tips-to-increase-longevity>

4 good healthy eating habits

<https://puresportsmed.com/blog/posts/4-healthy-eating-resolutions>

Advice from our Nutrition and Diet expert

<https://puresportsmed.com/blog/posts/pure-interviews-linia-patel>

Food for thought

<https://puresportsmed.com/blog/posts/food-for-thought>

Eatwell Guide Booklet 2016 (Public Health England)

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

Diet during exercise

<https://puresportsmed.com/blog/posts/rise-shine-exercise-and-burn-more-fat>

Nutrition for marathon training

<https://puresportsmed.com/blog/posts/eat-your-way-to-the-finish-line-marathon-training-2>

Nutrition and marathon training questions answered

<https://puresportsmed.com/blog/posts/your-marathon-nutrition-questions-answered>

Hydration for sport

<https://puresportsmed.com/blog/posts/the-hydration-debate-how-much-water-do-you-really-need>