**Diet**

Our diet has changed greatly over the last 50 years. The way food is produced has altered the balance of key nutrients that people consume. We eat less fresh food and more saturated fats and sugars. Concerns are increasingly being made about how this is affecting our physical and mental health.

The pressure on family life generally has meant that the use of processed food has increased greatly. If both adults are working then being able to meet the huge demands of family life will often lead to the use of ready meals or fast food in the home. There is not enough time to prepare meals from fresh ingredients on a regular basis. Cost can also be an issue.

Diet has been linked to conditions such as depression, mental health, ADHD and many other conditions. Processed food is high in carbohydrates and sugar. Good brain development relies on good diet which contains long chained fatty acids. The brain itself is composed of 60% fat, 25% of which is long-chain polyunsaturated fat.

The diet of expectant mothers also has a direct impact on the development of their babies in the womb.

Through extensive research in Durham, Madeleine Portwood has shown that the taking of long chained fatty acid diet supplements had led to huge improvements in concentration and this had a direct impact on behaviour and learning.

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