

Reliable websites for information/research on diet

What should I be eating/drinking? Trust me I'm a Doctor, BBC

<http://www.bbc.co.uk/programmes/articles/1yV5MBkc2Y6pQSWyMgR21y2/whatshould-i-be-eating-drinking>

Food and diet, NHS <http://www.nhs.uk/livewell/goodfood/Pages/Goodfoodhome.aspx>

Heathy Eating, The British Heart Foundation <https://www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating>