



babylon

Babylon's guide on **Healthy Eating**

Dr Claudia Pastides

On Monday 27th July 2020, the UK government unveiled a new obesity strategy, in a bid to help people who are overweight lose 5lbs. The Government's new crackdown on obesity is hoping to reduce the risk of obesity related health problems.

Here at Babylon, we want to provide practical insights to help everyone make positive lifestyle choices.

We know that being overweight has a negative impact on our health, from an increased risk of cancer and heart disease, to a higher risk of being affected by COVID-19. If we eat a little less and more healthily, and exercise regularly, weight loss is achievable. But it isn't easy. The environment we live in plays a big part in the decisions we make when it comes to what we eat, or when and how we can exercise.

Take a look at some healthy eating tips from Babylon's GP, Dr Claudia Pastides and complete your free nutrition assessment below, to get food recommendations based on recent medical research.





Dr Claudia's tips on how to improve your diet and lose weight:

Check your weight and what you can improve on

Using the Babylon app you can check if your weight is healthy for your height. You can also find out what your activity and nutrition levels are like, and how you can improve them.

Avoid the fad diets

If it promises super rapid weight loss, it is unlikely to be true (or healthy). Gradual weight loss, aiming for 0.5-1kg per week (1-2lbs) is more likely to be sustainable. And entirely restricting food groups from your diet is both hard and can have a negative impact on your health

You don't have to go solo

Whether you need guidance from a professional or you choose a friend or family member to do it with, it is often easier, more successful and much more fun if you don't go at it alone.

Have patience and determination

You will often feel and see changes in your body by about 4 weeks, so don't be disappointed if you aren't seeing quicker results. Stay determined and focussed on what it is you want to achieve because you will get there.

Remove temptation

If your house doesn't have any high fat/sugar/processed food in it, then you won't be tempted to pick at it when you're spending more time at home due to the pandemic.

Look into food swaps

Pretty much all the food you love comes as a healthier option that's often just as tasty (or requires just a little getting used to!). Switching milk from full fat to semi or skimmed for example, or switching your white bread and pasta to brown. These are just a few of the many swaps you can make. Small but regular changes such as these really do make a big difference over time.

Choose exercise you enjoy

Exercise shouldn't be a chore and it really doesn't have to cause you physical pain to make a difference either. Gentle exercise that makes you feel good is still exercise. Yoga is great for strength, walking does wonders for weight loss and if you like the challenge of crossfit, go for it!



Babylon's Healthcheck

Designed by doctors and scientists, Healthcheck gives you a holistic view of your health. You get a free AI-powered health report and practical insights on how to improve your overall health and reduce your disease risks.

How it works

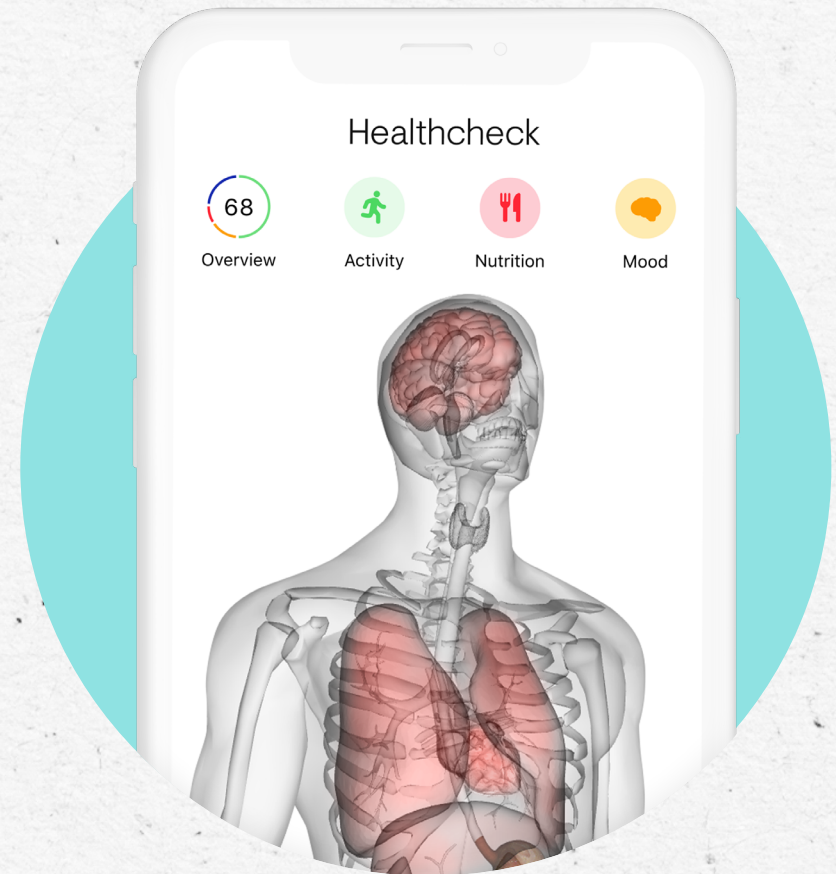
Healthcheck guides you through a series of questions related to your medical history, activity, nutrition and mood. Once you've completed the questions, you're given a comprehensive overview of your health and wellness. Your health overview is compared to the average health of the general population. It looks into disease risks, organ health and actions that could be taken to improve your health.

Digital Twin

Your health assessment results are shown to you via your Digital Twin, a virtual representation of the human body. You can tap on your Digital Twin to explore specific organs and understand the factors affecting them.

Health score

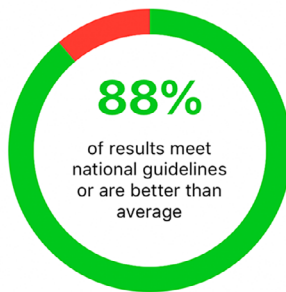
Healthcheck also gives you a personalised health score, based on your assessment and the national guidelines. The health score helps you understand how your health compares with people of the same age and location. This information can help you manage and improve your overall health.



The Babylon app is available on iOS and Android.



Overview



● 11.1% of your results suggest you are at risk

Hide detail



How do you measure up?

Compare your health with friends and family by sharing your score

Check your nutrition

The nutrition assessment evaluates all areas of your nutritional health, and shows how choices around what you eat and drink impact your long term risk of disease. Using the “what-if” feature, you can also see how making individual dietary changes (such as reducing red meat consumption or alcohol intake) can improve your long term health.

Find out how your diet checks out against health guidelines by completing your free in-app assessment in just a few minutes to get nutritional recommendations based on recent medical research.

Take nutrition assessment



Information

For more information about Babylon or health advice
from our doctors, please contact the press team:

Email: press@babylonhealth.com