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Your Nutritious Guide to Eating Well



Nutrition can feel confusing. With so many trends, studies and opinions, knowing what to eat and why can become overwhelming. This guide breaks down the essentials so you can make informed, sustainable choices that support your overall health.

1) Understanding the Foundations of Good Nutrition

A balanced diet is built on two key components:

Macronutrients

- Nutrients we need in larger amounts to fuel the body and keep systems functioning.

Micronutrients

- Vitamins and minerals required in smaller amounts, but essential for long-term health.

This guide explains what they do, where to find them, and how to build them into your everyday meals.



Protein: Building and Repairing the Body

Protein supports tissue repair, muscle growth and immune function.

Sources include:

- Lean meat, fish, dairy
- Plant-based foods like beans, lentils, tofu, quinoa

Plant proteins offer nutritional benefits without the higher levels of saturated fats often found in animal products.

Healthy Fats: Supporting Hormones, Cells and Vitamin Absorption

Fats are essential, it's the type that matters.

- **Polyunsaturated (omega-3/6):** oily fish, flaxseeds, chia seeds, walnuts.
- **Monounsaturated:** olive oil, avocados, nuts.

Consume in moderation:

- **Saturated fats:** butter, cheese, fatty meats.

Avoid where possible:

- **Trans fats:** processed snacks, fried foods, packaged baked goods.



3) Micronutrients: Small but Mighty

Micronutrients support immunity, bone health, energy levels and more.

- **Vitamins** (A, C, E, K and others) protect cells and boost the immune system.
- **Minerals** (iron, magnesium, calcium, potassium, zinc, iodine) support bone strength, hormone balance and metabolic processes.
- **Antioxidants** found in colourful fruits and vegetables reduce inflammation and help protect against chronic disease.

4) Why “Eating the Rainbow” Matters

Different colours in fruits and vegetables represent different beneficial plant compounds (phytochemicals).

Eating a wide range ensures a broader variety of nutrients and antioxidants.

Examples:

- Dark berries → anthocyanins for heart and brain health.
- Orange/yellow foods → carotenoids for immunity and cell protection.
- Green vegetables → antioxidants and anti-inflammatory compounds.





5) Practical Tips for Everyday Eating

These simple habits can help you build a more nutritious plate:

1. **Choose whole foods** whenever possible.
2. **Fill your plate with colour** to maximise nutrients.
3. **Increase fibre intake** for gut and digestive health.
4. **Limit refined carbohydrates** to maintain steady energy.
5. **Prioritise healthy fats** from nuts, seeds, fish and olive oil.
6. **Eat mindfully and slowly** to support better digestion and prevent overeating.

6) Making Healthy Eating a Habit

Eating well doesn't have to mean eating less (or eating blandly) Experiment with herbs, spices, textures and colourful ingredients. Small changes can lead to meaningful improvements in how you feel each day.

Remember: what you eat today directly supports your health tomorrow.

How can Doctor Care Anywhere help



24/7 GP and ACP Appointments

- Same-day virtual consultations.
- Instant access to medical advice, prescriptions, and fit notes.
- Available anytime, from home, the office, or on the go.



Mental Health Services

- Confidential sessions with mental health practitioners.
- Early intervention for anxiety, stress, and low mood.
- Assessment, treatment and support, including access to therapy and digital health tools.



Tailored Physiotherapy Support

- Virtual assessments and recovery plans for musculoskeletal concerns.
- Clinician-led support for pain, injuries, and posture-related issues.
- Expert assessment, diagnosis and treatment plans to aid recovery and prevent long-term issues.



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