

Diet overview

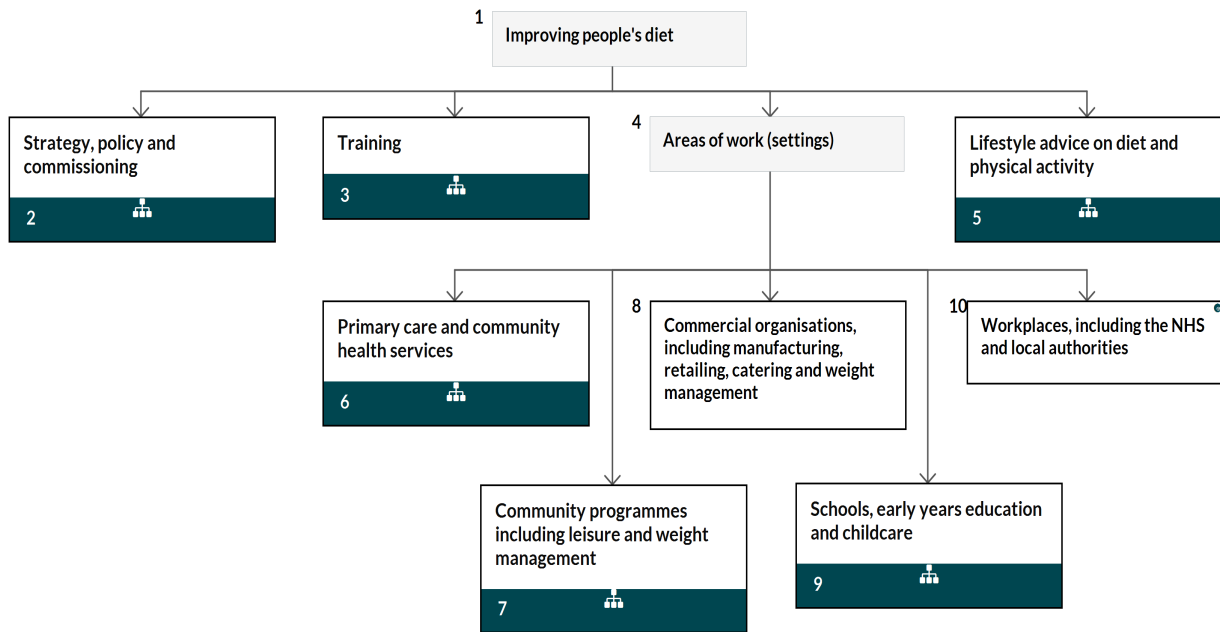
NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online.

They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see:

<http://pathways.nice.org.uk/pathways/diet>

NICE Pathway last updated: 05 March 2019

This document contains a single flowchart and uses numbering to link the boxes to the associated recommendations.



1 Improving people's diet

No additional information

2 Strategy, policy and commissioning

[See Diet / Strategy, policy and commissioning for diet](#)

3 Training

[See Diet / Training on diet](#)

4 Areas of work (settings)

No additional information

5 Lifestyle advice on diet and physical activity

[See Diet / Lifestyle advice on diet and physical activity](#)

6 Primary care and community health services

[See Diet / Recommendations about diet for primary care and community health services](#)

7 Community programmes including leisure and weight management

[See Diet / Community and leisure services and weight management programmes](#)

8 Commercial organisations, including manufacturing, retailing, catering and weight management

Manufacturers of products for women

Folic acid

Manufacturers should include information with their products on the importance of folic acid supplements before and during pregnancy. Relevant products may include pregnancy tests, sanitary products, contraceptives and ovulation predictor kits.

Vitamin D

For advice for manufacturers on vitamin D supplements, see what NICE says on [vitamin D: increasing supplement use among at-risk groups](#).

Take-aways and other food outlets

See recommendations on [standards for take-aways and other food outlets](#).

Providers of weight management programmes

See recommendations on [weight management programmes](#).

9 Schools, early years education and childcare

See [Diet / Diet in schools, early years education and childcare](#)

10 Workplaces, including the NHS and local authorities

Overarching recommendation

All workplaces, particularly large organisations such as the NHS and local authorities, should address the prevention and management of obesity, because of the considerable impact on the health of the workforce and associated costs to industry. Workplaces are encouraged to collaborate with local partnerships and to ensure that action is in line with the local obesity strategy (in England).

For all workplaces

Workplaces should provide opportunities for staff to eat a healthy diet and be more physically active, through:

- active and continuous promotion of healthy choices in restaurants, hospitality, vending machines and shops for staff and clients, in line with existing Food Standards Agency guidance
- working practices and policies, such as active travel policies for staff and visitors.

Incentive schemes (such as policies on travel expenses, the price of food and drinks sold in the workplace and contributions to gym membership) that are used in a workplace should be sustained and part of a wider programme to support staff in managing weight, improving diet and increasing activity levels.

For NHS, public organisations and large commercial organisations

Workplaces providing health checks for staff should ensure that they address weight, diet and activity, and provide ongoing support.

Action to improve food and drink provision in the workplace, including restaurants, hospitality and vending machines, should be supported by tailored educational and promotional programmes, such as a behavioural intervention or environmental changes (for example, food labelling or changes to availability).

For this to be effective, commitment from senior management, enthusiastic catering management, a strong occupational health lead, links to other on-site health initiatives, supportive pricing policies and heavy promotion and advertisement at point of purchase are likely to be needed.

See also recommendations on [public sector catering](#), and [recommendations for workplaces](#) in NICE's recommendations on physical activity.

Align actions to improve diet with strategies to prevent obesity at a community level to ensure a coherent, integrated approach (see what NICE says on [obesity: working with local communities](#)).

Support for workplaces from health professionals

Support for workplaces

Health professionals such as occupational health staff and public health practitioners should establish partnerships with local businesses and support the implementation of workplace programmes to prevent and manage obesity.

Quality standards

The following quality statements are relevant to this part of the interactive flowchart.

Obesity in adults: prevention and lifestyle weight management programmes quality standard

2. Nutritional information at the point of choosing food and drink options

Obesity in children and young people: prevention and lifestyle weight management programmes quality standard

2. Nutritional information at the point of choosing food and drink options – obesity prevention and lifestyle weight management in children and young people

BMI

body mass index

CVD

cardiovascular disease

IPTFAs

industrially-produced trans fatty acids

reference nutrient intake

the amount of a nutrient needed to meet the needs of around 97% of individuals in a group

Sources

[Obesity prevention](#) (2006, updated 2015) NICE guideline CG43

[Maternal and child nutrition](#) (2008) NICE guideline PH11

Your responsibility**Guidelines**

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They should do so in the context of local and national priorities for funding and developing services,

and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Technology appraisals

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, health professionals are expected to take these recommendations fully into account, alongside the individual needs, preferences and values of their patients. The application of the recommendations in this interactive flowchart is at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

Commissioners and/or providers have a responsibility to provide the funding required to enable the recommendations to be applied when individual health professionals and their patients wish to use it, in accordance with the NHS Constitution. They should do so in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Medical technologies guidance, diagnostics guidance and interventional procedures guidance

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, healthcare professionals are expected to take these recommendations fully into account. However, the interactive flowchart does not override the individual responsibility of healthcare professionals to

make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Commissioners and/or providers have a responsibility to implement the recommendations, in their local context, in light of their duties to have due regard to the need to eliminate unlawful discrimination, advance equality of opportunity, and foster good relations. Nothing in this interactive flowchart should be interpreted in a way that would be inconsistent with compliance with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.