



## Proof

## The SMILES trial



Professor Felice Jacka talks to Rangan Chatterjee about her groundbreaking research, the SMILES trial. The study showed the effect of diet on depression.



## The Gut Microbiome



What do we mean by the gut microbiome? This video gives you a quick introduction.



## Fibre &amp; Fermented Food



This TED-Ed talk introduces why fibre and fermented foods are important for our microbiome.



## More Evidence

Find out more on what the scientific evidence tells us about how eating well supports our health on the LAMP webpage:

[www.HAYCambsPboro.co.uk/LAMP/eat](http://www.HAYCambsPboro.co.uk/LAMP/eat)

