

Providing evidence-based nutrition information

**TOP
5**

**Information
pages viewed:**

- Fibre
- 7-day meal plan
- Ramadan
- Protein
- A healthy, balanced diet

**TOP
5**

**Most downloaded
resources:**

- 7-day meal plan
- Portion size guide
- Nutrition requirements
- Healthy hydration for children
- Healthy hydration for adults

2.3 million
users
(2,997,566 sessions)

12,297,503
page views 



263,211
copies of our resources
downloaded

nutrition.org.uk 

Supporting food education in schools

515,013

users

(783,396 sessions)



TOP 5 Information pages viewed:

- Recipes
- Eatwell
- Quizzes
- Healthy Eating
- Hygiene and Safety

TOP 5 Most downloaded resources:

- Eatwell Guide
- Eatwell Guide presentation
- Eatwell Guide quiz
- Eatwell Guide workshop
- Nutrients

241,595

pupils analysed their diet or recipe using our nutritional analysis tool



 3,000,550 page views

1,512,018

copies of our resources downloaded

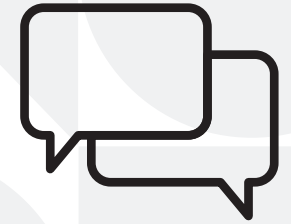


foodfactoflife.org.uk



Communicating evidence-based nutrition

3.4 million



impressions on Twitter
(31,405 followers)

14,576

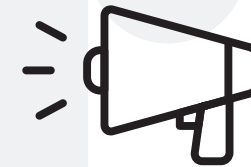
institutions globally have *Nutrition Bulletin*

(450,000 paper downloads)



1,118 pieces of media coverage

(representing a circulation of 142 million)



700,195 video views



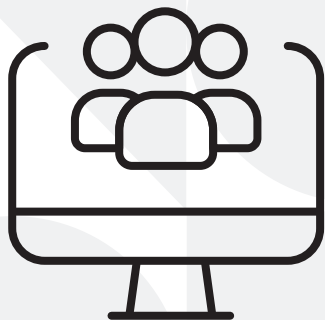
211,076

e-newsletters sent out

Championing nutrition

2,986

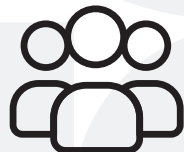
registered for BNF's virtual annual day on nutrition and COVID-19



BNF championed nutrition through Awards (The BNF Prize, Pump Priming Award, Early Career Scientist Award, Education Awards), and stakeholder engagement activities

6,538 schools, nurseries, universities and workplaces registered for BNF Healthy Eating Week,

1.3 representing million participants



Delivering nutrition training

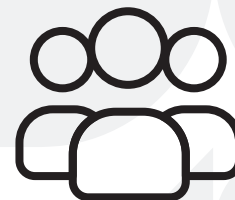
1,986

registrations from primary and secondary teachers for online training events



325

attendees of workplace nutrition and wellbeing training



865

registered for online training courses



Training delivered to

- health professionals
- teachers
- government
- researchers
- graduates
- universities
- food industry
- consumers



3,495 registered

for three nutrition science webinars

For further information and support, go to: www.nutrition.org.uk