How we eat dictates our overall well-being

Few things give more pleasure than wining and dining with old friends, but I was glad not to be chef on this occasion as each of us is on a set diet. Sorry, I mean ‘eating plan’ – dieting is so 20th century. One is on the Fodmap plan, which means among many other things no gluten or onions, while another is off flour and sugar because they are following the Bright Line path. The Paleo regime is being contemplated by a third friend with high cholesterol who assiduously balances her good and bad fats in a bid to stay off the statins, and I’m the picky vegetarian who eschews all processed foods just because I feel better if I do. This may all sound rather fussy and a bit over the top, but we are all in possession of our bus passes, and how we eat dictates our ability to exercise, sleep and carry on working.

And isn’t this the way forward, as the NHS sinks under the weight of its own success? Aren’t we supposed to take responsibility for our own well-being as far as we can, eat healthily in a way that suits our own needs and not be embarrassed about it? We are lucky to have the choice. None of these diets are expensive to maintain, they just require a bit of forward planning. And from the cook, the patience of a saint.

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