



MICHAEL MOSLEY:

SECRETS OF YOUR BIG SHOP



DR MICHAEL MOSLEY UNCOVERS WHAT COULD BE BEHIND OUR HEALTH PROBLEMS BY LOOKING INTO OUR SHOPPING TROLLEYS



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In this brand new series, Michael Mosley is taking a drastic leap to uncover the truth behind the nation's health problems – what goes into our shopping trolleys.

60% of non-genetic illness is attributable to our diet, and Michael wants that radically changed. So, in an effort to help us eat ourselves healthy, he wants to nip the problem in the bud – at the checkout. Yes, he's going undercover in supermarkets everywhere to find out EXACTLY what is going into our trolleys, and how that is affecting our health.

For those who find themselves ambushed by Michael and his scanner, a health overhaul is in store, as he prescribes them a healthy diet – in a determined effort to get them feeling and looking better. Along the way he will be testing some wild online health hacks including the 10 day egg diet and whether carrots can really give you a tan.

He'll also be hacking our regular meals to get the healthiest versions of our favourites. And of course, there's always a chance you could find Michael Mosely rummaging through your trolley of truth.



Produced by Plum Pictures For Channel 4

