



WHAT NOT TO EAT

Professor Tim Spector and GP Dr Kandi Ejiofor, explore how cutting back on ultra-processed foods (UPFs) can help tackle common health worries.



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In What Not to Eat, leading health scientist Professor Tim Spector and practicing GP Dr Kandi Ejiofor team up to challenge the unhealthy love affair with ultra-processed foods (UPFs). You'll discover how some of the most common health concerns affecting families can be helped by making simple changes to our eating habits by consuming fewer UPFs.

Each episode spotlights a different family grappling with a host of modern health issues—ranging from obesity, fatigue, and acne to high blood pressure and stress—and explores how their diet might be at the root of the problem. Dr Kandi guides each family through a tailored health overhaul, using testing and food tracking to uncover just how much UPF is in their daily intake. With candid insights and practical support, she helps them embrace simple, nourishing swaps that could transform their well-being.

Meanwhile, Professor Tim Spector peels back the science behind UPFs—revealing what they really are, how they hijack our cravings, and what their long-term effects can be. Through vivid demonstrations and myth-busting explanations, he offers science-backed alternatives to processed staples—from strawberry milkshakes to sausage rolls and snack foods—empowering viewers with the knowledge to make healthier choices without sacrificing flavour or convenience.

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