

# **JAIL GRUB FUELS BAD BEHAVIOUR**

**■ BAD prison food is fuelling the UK's high re-offending rates, experts have said.**

**They say fat and sugar-laden treats available in prisons are causing lags' bad behaviour.**

**■ Nutritionists from Edge Hill University in Ormskirk looked at how spikes in blood glucose caused by poor dietary choices can cause impulsivity and poor mental health.**