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BANT Registered Nutritional Therapists – The Gold Standard

With growing numbers of ‘insta-nutritionists’ who have done short online courses, healthy eating bloggers, YouTubers and healthy eating recipe book writers, how can you be sure that you are getting safe nutritional advice? Whilst pretty pictures of colourful foods are a lot of fun, ultimately nutrition health advice is something you should only trust real professionals with.

BANT, The British Association for Applied Nutrition and Nutritional Therapy, recommends that you choose a Registered Nutritional Therapist who has undertaken training at an [accredited course](#) thereby ensuring necessary training to understand the theory and practice of nutritional therapy. BANT-member Registered Nutritional Therapists are regulated by the Complementary and Natural Healthcare Council (CNHC). The CNHC holds an Accredited Voluntary Register (AVR) for the Professional Standards Authority for Health and Social Care (PSA). The PSA oversees statutory bodies and accredits organisations holding voluntary registers for health and social care occupations in the UK. By choosing Registered Nutritional Therapist, registered with the CNHC, you can be confident that they are properly trained, qualified and insured.

Nutritional therapy is the application of nutrition science in the promotion of health, peak performance and individual care. It is a progressive approach to health optimisation. Registered Nutritional Therapists are recognised by the Professional Standards Authority to be as competent as other traditional healthcare providers. It has been recognised that they can make a difference by working together with healthcare providers as part of multidisciplinary teams under NHS commissioning.

BANT Registered Nutritional Therapists take into account individuality that enables personalisation of dietary advice based on the most up-to-date research available. They do not suggest ‘one-size-fits-all’ advice following the health trend of the moment.

Looking for a BANT Registered Nutritional Therapist is easy; just click on the link for a full listing of our Registered Nutritional Therapists area by area: <http://bant.org.uk/bant/jsp/practitionerSearch.faces>.

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FOR FURTHER INFORMATION PLEASE CONTACT:

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NOTES TO EDITORS:

The British Association for Applied Nutrition and Nutritional Therapy (BANT) is the professional body for Registered Nutritional Therapists. Its primary function is to assist its members in attaining the highest standards of integrity, knowledge, competence and professional practice, in order to protect the client's interests; nutritional therapy and the registered nutritional therapist.