



BANT RESPONSE

DATE: 19 January 2017

BANT RESPONDS TO THE HORIZON 'CLEAN EATING' PROGRAMME

The British Association for Applied Nutrition and Nutritional Therapy (BANT) will be watching tonight's Horizon: Clean Eating — the Dirty Truth (BBC Two at 9pm) programme with interest. BANT has previously highlighted its concern about the growing number of 'insta-nutritionists' who have done short online courses, healthy eating bloggers, YouTubers and healthy eating recipe book writers, who advocate radical 'one-size fits all' eating regimes which are not evidence based. 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 Registered Nutritional Therapists take into account individuality that enables personalisation of dietary advice based on the most up-to-date research available. BANT experts carefully developed a set of **Wellbeing Guidelines**, based on the latest science and research in the field of nutrition for optimal health. The BANT Wellbeing Guidelines were specifically designed to provide clear, concise, easy to understand information for the general public, avoiding out-dated information and research, and addressing some of the most common health concerns. The aim of the BANT Wellbeing Guidelines is to provide detailed guidance in a simple format to help people make the best choices in both nutrition and other aspects of a healthy lifestyle. The Wellbeing Guidelines give clear information, not just on food choices but also crucial lifestyle factors which are over-looked in other health guidelines. BANT developed the Wellbeing Guidelines as a response to current health concerns using the latest evidence - drawing on the strengths of existing public health guidelines but providing updated guidance. To see a copy of our Wellbeing Guidelines, click [here](#).

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.

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:

Daniel O'Shaughnessy

Communications@bant.org.uk

Tel: +44 7540 722307

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.