



PRESS RELEASE

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BANT'S ADVICE ON WHAT WE SHOULD EAT: WELLBEING GUIDELINES

BANT experts have 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 present the most current and well-researched information available to the public.

ABOUT THE BANT WELLBEING GUIDELINES

The BANT Wellbeing Guidelines have been drawn up to tackle some of the most common health concerns. The aim 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 the one-size-fits-all public health guidelines of the last 25 years

COMMON DIET-RELATED HEALTH ISSUES

The most common reasons people seek nutritional advice is to address weight loss and/ or for general health and wellbeing. These issues are addressed by BANT with the following:

- THE WELLNESS SOLUTION
- FIGHT THE FAT / BEAT THE BLOAT (WEIGHT LOSS)

The, clear, concise format of the BANT Wellbeing Guidelines enables people to see easily what food choices they should be making. A Registered Nutritional Therapist can provide recommendations on making diet and lifestyle adaptations to suit an individual's unique needs.

Key advice provided by the BANT Wellbeing Guidelines includes the following:

- Weight Loss or General Health and Wellbeing: Everyone is unique but whatever your goal similar nutritional principles and health and wellbeing guidelines will apply.
- Eat a Rainbow: a varied diet of 7 differently coloured fruit and vegetables per day.
- Stay hydrated with water, herbal teas, green and black teas. Avoid alcohol, sugary drinks and too much caffeine
- Ensure protein is lean: fish, poultry, eggs and vegetable sources. Limit red and processed meat.
- Include healthy fats: avocados, nuts, olive oil. Cook with healthy saturated fats: coconut oil and butter.
- Choose root vegetables and whole grains instead of refined carbohydrates and grains: Eat sparingly.
- For Weight Loss: include exercise, limit portion sizes, don't eat between meals. Avoid: Sugar, artificial sweeteners, alcohol and refined carbohydrates.
- Include the right supplements: vitamin D, in particular, for most people and probiotics as advised by your Registered Nutritional Therapist
- Sleep and Exercise are an important aspect in overall Health and Wellbeing and Weight Management.

FOR FURTHER INFORMATION AND COMMENT 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.

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.