



Fill your fridge with fresh ingredients

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe in fresh, seasonal, nutrient-dense ingredients ...



Fresh, seasonal & packed with nutrients...

Nutrients are the teeny tiny parts of the puzzle that help your body function well as a whole. Without them, your metabolism effectively runs on low-grade fuel. Aim for fresh over processed.



Why are nutrients so important to health?



The human body is intricately complex and run by interconnected biological systems that each require nutrients. Fresh, frozen, and seasonal foods typically have a higher nutrient-density than ingredients that have been processed. These nutrients help protect against disease, restore health, and determine people's response to changes in the environment.

Learn how to eat a rainbow
Download the infographic



Are you getting enough daily plant foods in your diet?

- 5** portions of veggies
- 2** portions of fruit
- 7** a day

Aim for 7 portions daily composed of 2 fruit and 5 vegetables. A single portion is equivalent to 80g. Try to build in as much variety as possible.

