

Are you functioning at your best?

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

Find out why at BANT, we believe good food helps you function better ...



Optimise your diet to function better...

Nutritional therapy helps promote health and peak performance by optimising the foods you eat to help you function. Whether you're looking for mental or physical wellbeing, think food-first.



Physical and mental health are equally important



A nutritious diet and healthy lifestyle can make all the difference to improving your energy levels, supporting cognition, aiding digestive processes, relieving bloating and much more.



What is the philosophy of personalised nutrition?



Personalised nutrition begins and ends with you, and promotes a one-size-fits-one approach. Your health and symptoms are unique to you. The foods and nutrients you might require to function optimally will also be unique to you. No two people are the same, so it makes sense to follow personalised recommendations.

BANT Your Functional Symptoms Tracker

Is your body functioning at its best?

Rank your symptoms, 1 = Good and 5 = Poor

Symptoms	Start	Week 1	2	3	4	5	6	7	8	9	10	11	12
General Digestion													
Bloating / Flatulence													
Reflux / Acidity													
Bowel Movements (daily)													
Energy Levels													
Fatigue (Physical)													
Fatigue (Mental)													
Cognition													
Sleep Quality													
Stress Levels													
Musculoskeletal / Joint Pain													
Skin Health													
Headaches / Migraine													
Itchiness													
Other													

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Download our symptoms tracker

*<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>
 **You may need to visit your GP or a Nutritional Practitioner