

Small steps towards a healthier you

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

Find out why at BANT, we believe every step is a step towards a healthier tomorrow...



The first step is often the most important...

We all have very different reasons for wanting to improve our health and wellbeing. The first step is for you to decide what is your most important goal.



That lightbulb moment when you realise your food choices influence your health?



Once you identify your health goals, it becomes easier to join the dots and see how your diet may be helping or hindering you. Too much of this, and too little of that. Optimising your food choices is the start of a healthier happier you!

What would make the most difference to your health?



We often only dedicate time to our health once the alarm bells have already started to ring. The good news is that it is never too late to take that first step towards changing your diet and lifestyle habits. Would losing weight or supporting chronic symptoms improve your health and wellbeing? Or are you interested in eating healthily to prevent illness?

HEALTH AND WELLBEING **EAT A RAINBOW** 7 a day (5 veg and 2 fruit) **EXERCISE** **DRINKS** **LEAFY GREENS & SALADS** **ROOT VEG & WHOLEGRAINS** **PROTEIN** **FRUIT** **OTHER VEG** **OILS** **THE WELLNESS SOLUTION**

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Download our wellness solution

