

Helping make science that little bit simpler



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

Find out why at BANT, we believe in science-based Nutrition and Lifestyle medicine...



There is plenty of evidence about eating healthily...

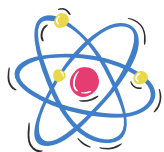
It can be hard to work out what's fact or fiction with so much information available online. BANT nutrition practitioners use the latest evidence to ensure their recommendations are always backed-up by science.



Why does nutritional science matter?



The more we discover about nutrients and the important roles they play in our bodies, the more we can help you balance your diet. Our ancestors ate instinctively, following the seasons, and in this way consumed a wide variety of nutrients. In modern times we have unfortunately lost this skill, and many people's diets are now devoid of essential vitamins and minerals. The science helps us to show you why these nutrients matter.



We make science that little bit simpler



Nutrition Evidence Database (NED) is the only scientific database that specialises in nutrition and lifestyle medicine. We curate the latest research and break it into bite-sized pieces with plain language summaries to help you understand more about the science behind our food choices.



Download our free NED infobites?



<https://www.nutrition-evidence.com/>