



# Welcome to Food for your Health

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

Find out why at BANT, we think Nutrition, and eating healthily, is key to your health...



## Small steps towards a healthier you...

You're here! Congratulations on taking the first small steps towards making healthy food choices for your health and wellbeing.



what is diet-induced chronic disease?



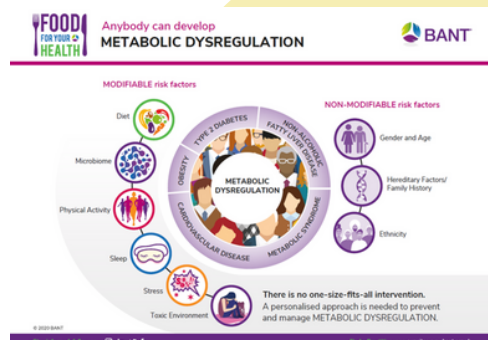
what is our Food for your Health campaign about?



BANT has launched this campaign to help you to prioritise nutrition in support of your health. We're here to help you understand more about healthy eating and how adding in plenty of nutrient-dense, colourful, fresh ingredients is great prevention for diet-induced chronic disease.

**63%**

of the UK population is currently classified as being overweight or obese, with a body mass index (BMI) of 25 or above. Together with symptoms such as high cholesterol, high blood pressure, blood sugar imbalances, insulin resistance (which can lead to Type II Diabetes), this can all add up to Metabolic Syndrome. These are all modifiable with nutritious diet and healthy lifestyle.



Download the infographic