



We are what we eat, or are we?

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

Find out why at BANT, we think a food-first approach is key to your health and wellbeing...



Every ingredient counts...

There is an old saying "you are what you eat" however, we like to say "you are what you absorb" because the nutrients in foods, and our ability to absorb them, is where health begins.



Why we need to eat? ↘

Our body needs food for energy to keep us going, and more importantly for a wide variety of biological processes. Two things help determine how well your body performs; firstly your food choices, and secondly the integrity of your gut microbiome and ability to absorb nutrients effectively. Choosing fresh, seasonal, colourful, nutrient-dense, wholefood ingredients will help provide all the goodness your body needs, as well as keep your gut happy and healthy.

What is a food-first approach?



Food-first is all about getting back to basics and eating a healthy, balanced diet. There are so many promises of quick fixes and miracle cures, which inevitably fail. The answer is right in front of us; we need to eat and drink to survive. But it's not enough to eat any old thing...it's all about nutrients.



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