Ed.2 August 2022

CAMPAIGN NEWS & RESOURCES GUIDE

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

WHAT IS NEW ONE YEAR ON?

Food for your Health has gone from strength to strength with our campaign infographics well received across the profession and wider healthcare sectors, as well as on social media.

PROMOTING A FOOD FIRST PHILOSOPHY FOR HEALTH

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

The campaign goal remains steadfast in promoting BANT members and personalised nutrition and lifestyle medicine as part of an integrated and preventative approach to health and wellbeing.

Non-communicative diseases, including metabolic disorders and obesity, continue to rise and FFYH is a platform to communicate to the public and promote what Registered Nutritional Therapy Practitioners do.

DIVE INTO OUR RESOURCES

A WEALTH OF FREE CAMPAIGN RESOURCES

The Food for your Health campaign is supported with the continual development of new resources to help BANT communicate with the press, and across social media, with the goal of driving traffic to our website where individuals can use the practitioner search tool to connect with BANT members. These resources also provide content for members to repost and share in practice.

PUBLIC & MEMBER RESOURCES

A mixture of free public resources and dedicated member resources have been designed to support Registered Nutritional Therapy Practitioners in practice. These resources are mostly written in client-friendly language enablign them all to be shared with clients, and in group workshops.

MEMBER RESOURCES

1

Log in to your members dashboard
Click on the FFYH Resources link

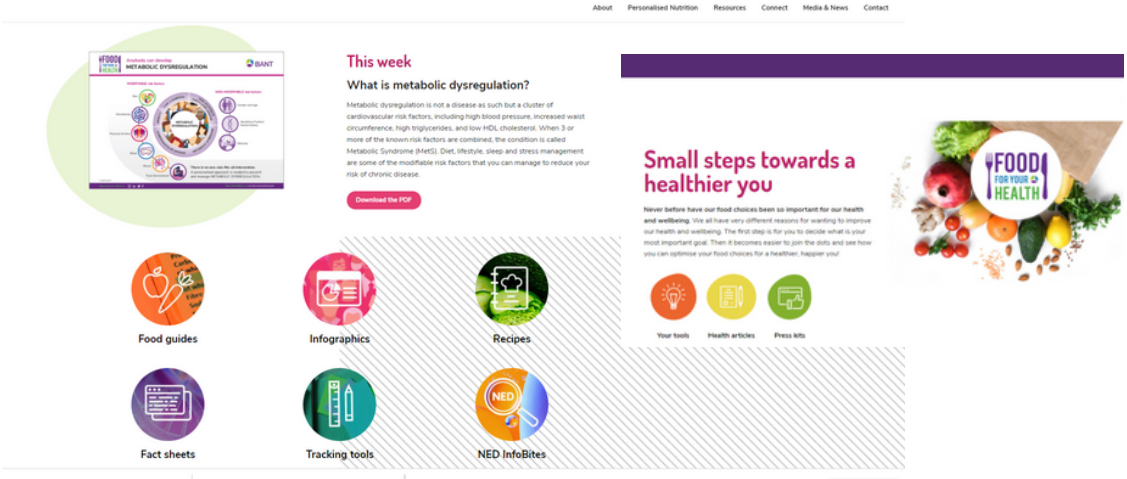
2

Browse the new resources
- Consultation Tools
- Functional Recipes
- Dietary Protocols
and more.....

PUBLIC RESOURCES

3

Accessible from the members resources page or via the resources tab in the Homepage menu



FOOD FOR YOUR HEALTH

MEMBER RESOURCES & CLINICAL TOOLS

BANT

Hydration & Optimising Fluid Intake

Appropriate hydration of the body is an absolute requirement for health and is essential for life itself

The human body and water

Water is essential in every system and function of the body. Although the actual average percentages of water in the human body vary by gender, age, and weight, one thing is consistent: Starting at birth, more than half of your body weight is composed of water and will remain above 50 percent for most or all of your life, though it does decline over time. Water resides in your organs, tissue, and other body parts. In addition, plasma (the liquid portion of blood) is about 90 percent water. Plasma helps carry blood cells, nutrients, and hormones throughout the body. Water helps maintain body temperatures, and acts as a shock absorber to protect joints, sensitive tissue and is part of the fluid that surrounds and protects the brain and a baby in the womb. Dehydration is the loss of water from the body in excess of the amount consumed. Optimising fluid intake and maintaining fluid balance is a primary objective for supporting metabolic function.

Hydration and nutrition

Water facilitates digestive processes and is the key ingredient in saliva production and other digestive fluids. Nutrients in the foods we eat are either water-soluble or fat-solution meaning they require water or lipids to be absorbed by the body. Fluids act as the body's main transport system, transporting nutrients around the body to all the major organs, as well as flushing all waste materials and toxins from the body. Good fluid intake can also support hunger and satiety cues and aid weight management.

Hydration and well-being

Under typical circumstances the body loses and needs to replace approximately 2 to 3 litres of water daily. Fluid losses of more than 1% of body weight can lead to reduction in exercise performance and in the ability to control body temperature. Fluid deficits of 4% and more can lead to difficulties in concentration, headaches, irritability and sleepiness, and increases in body temperature and in respiratory rates. Dehydration that causes a loss of 10% or more of body weight can be fatal.

Optimising fluid intake to support well-being

1. Aim to drink a minimum of 8 glasses of water or < 2 L daily.
2. Drink little and often throughout the day to maintain hydration.
3. Include plant foods which naturally contain a high fluid content.
4. Consider meals with a liquid element, such as soups, to aid your fluid intake.
5. At the first sign of thirst, drink a glass of water as you may be dehydrated.

FOOD FOR YOUR HEALTH

1. https://www.europeanhydrationinstitute.org/hydration

Find a Practitioner www.bant.org.uk T: 01425 462 532

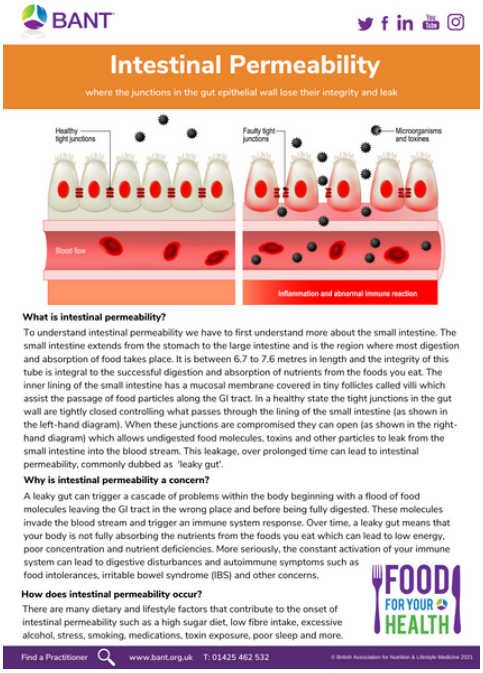
CLINICAL GUIDES

These clinical guides correspond in part to the public metabolic fact sheets and provide additional considerations for various metabolic disorders. Also included are generic guides explaining what is Nutritional Therapy which often come in handy when doing corporate events and workshops, as well examples such as the one given on optimising hydration.

FUNCTIONAL EXPLANATIONS

·NEW Consultation guides with some of the more common functional explanations discussed in practice such as intestinal permeability, the gut-brain axis, and stress hormones, to name a few.

We are launching with 11 guides, and these will be added to throughout the year. All are written in client-friendly language for sharing in clinical practice.



BANT

Intestinal Permeability

where the junctions in the gut epithelial wall lose their integrity and leak

What is intestinal permeability?

To understand intestinal permeability we have to first understand more about the small intestine. The small intestine extends from the stomach to the large intestine and is the region where most digestion and absorption of food takes place. It is between 6.7 to 7.6 metres in length and the integrity of this tube is integral to the successful digestion and absorption of nutrients from the foods you eat. The inner lining of the small intestine has a mucosal membrane covered in tiny follicles called villi which assist the passage of food particles along the GI tract. In a healthy state the tight junctions in the gut wall are tightly closed controlling what passes through the lining of the small intestine (as shown in the left-hand diagram). When these junctions are compromised they can open (as shown in the right-hand diagram) which allows undigested food molecules, toxins and other particles to leak from the small intestine into the blood stream. This leakage, over prolonged time can lead to intestinal permeability, commonly dubbed as 'leaky gut'.

Why is intestinal permeability a concern?

A leaky gut can trigger a cascade of problems within the body beginning with a flood of food molecules leaving the GI tract in the wrong place and before being fully digested. These molecules invade the blood stream and trigger an immune system response. Over time, a leaky gut means that your body is not fully absorbing the nutrients from the foods you eat which can lead to low energy, poor concentration and nutrient deficiencies. More seriously, the constant activation of your immune system can lead to digestive disturbances and autoimmune symptoms such as food intolerances, irritable bowel syndrome (IBS) and other concerns.

How does intestinal permeability occur?

There are many dietary and lifestyle factors that contribute to the onset of intestinal permeability such as a high sugar diet, low fibre intake, excessive alcohol, stress, smoking, medications, toxin exposure, poor sleep and more.

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BANT

Intermittent Fasting

Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating

What is Intermittent Fasting?

Fasting has been practiced for thousands of years and is a staple across many different religions and cultures around the globe. Intermittent fasting specifies when to eat rather than what foods to eat. In this respect, it's not a dietary protocol in the conventional sense but more accurately described as an eating pattern. Intermittent fasting has gained popularity in recent years and shows promise as a possible new paradigm in the approach to weight loss, metabolic dysregulation, cardiovascular health and the reduction of inflammation.

Much of the scientific evidence supports the benefits to metabolic health. However, other potential long term health benefits include cellular repair, gene expression, hormonal control, reduction in oxidative stress, and benefits to neurological processes. Intermittent fasting is not recommended in pregnancy or in people with eating disorders or disordered eating. People with certain conditions such as, kidney stones, gastroesophageal reflux, diabetes and other medical problems may require medical guidance from their doctor before embarking on intermittent fasting.

There are many different types of intermittent fasting: time restricted feeding (TRF) such as the 16/8 method (eating only during an eight-hour window), 5:2 (fasting two days each week), and alternate day fasting (ADF) methods. Each method can be personalised in terms of frequency and length of adherence.

Personalised nutrition and intermittent fasting

Intermittent fasting or periods of intermittent energy restriction (IER) have been shown to reduce appetite, reduce visceral adipose tissue and total fat mass, improve glycemic control and insulin sensitivity, reduce blood pressure and have many beneficial effects on the cardiovascular system. Intermittent fasting is safe for many people, but it's not for everyone and should be assessed on an individual basis. A simple entry into fasting is to limit snacking between meals. Between meals, as long as we don't snack, our insulin levels will go down and our fat cells can then release their stored sugar, to be used as energy. The entire idea of intermittent fasting is to allow the insulin levels to go down far enough and for long enough that we burn off our fat.

Optimising diet to support intermittent fasting

The choice of foods eaten during a period of intermittent fasting should follow the BANT Wellness Solution and Nutritional Therapy Guidelines.

FOOD FOR YOUR HEALTH

1. https://www.nutrition-evidence.com/article/31226790?term=intermittent%20fasting
2. https://www.nutrition-evidence.com/article/32079327?term=intermittent%20fasting
3. https://www.healthline.com/nutrition/10-health-benefits-of-intermittent-fasting

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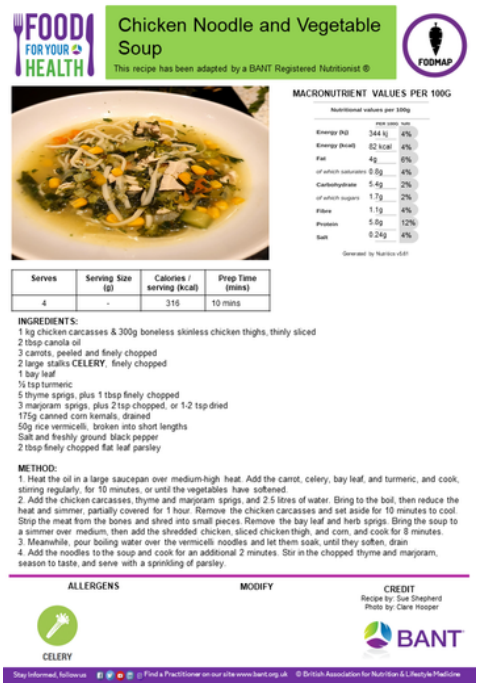
DIETARY PROTOCOLS

Whilst as practitioners we offer personalised nutrition recommendations, there are many dietary protocols we need to be aware of, and may choose to adopt in clinic. This series of guides provides an introduction to common protocols such as Low GI, FODMAP, Intermittent fasting and more and are written in client-friendly language.



FUNCTIONAL RECIPES

NEW Functional recipe collections curated by a dedicated team of BANT volunteers. We are launching with FODMAP, Low GI, allergen free, and Mediterranean diet recipes and have further collections in development

MEDITERRANEAN DIET · ALLERGEN FREE · LOW GI · FODMAP

FOOD & NUTRIENT GUIDES

We have a team of volunteers busy working on these handouts and hope to have the first series available for Sept 22

NUTRITION REFERENCE LIBRARY

NUTRITION RESOURCES · LIFESTYLE RESOURCES · GLOBAL NUTRITION GUIDELINES · FOOD SAFETY & ALLERGENS · KIDS RESOURCES · FOOD SUSTAINABILITY

NEW Nutrition Reference library with a collection of resources spanning nutrition, global guidelines, food allergens and safety, sustainability, lifestyle, and kids' resources. This library will be continually enriched with new resources by the team and if you have other categories you'd like to see included then again please email us at communications@bant.org.uk

PUBLIC RESOURCES & CLINICAL TOOLS

FOOD & LIFESTYLE GUIDES

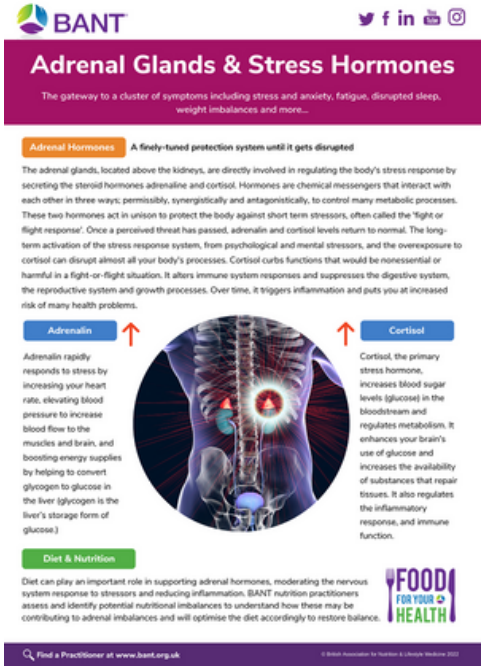
Help your clients discover more about healthy eating and lifestyle with our handy Food and Lifestyle guides, with simple and practical tips on food, shopping, and cooking, as well as key lifestyle factors such as physical exercise, stress, sleep, breath, relaxation and more.

Consumer-friendly guides designed to start more conversation about healthy eating.

FACT SHEETS

Metabolic processes are key to the health and wellbeing. When metabolic processes are disrupted by diet and lifestyle factors, it can trigger a cascade of health problems. These include weight gain, high cholesterol, high blood pressure and blood sugar imbalances.

Find a series of metabolic fact sheets to help discuss these with clients.



NED INFOBITES

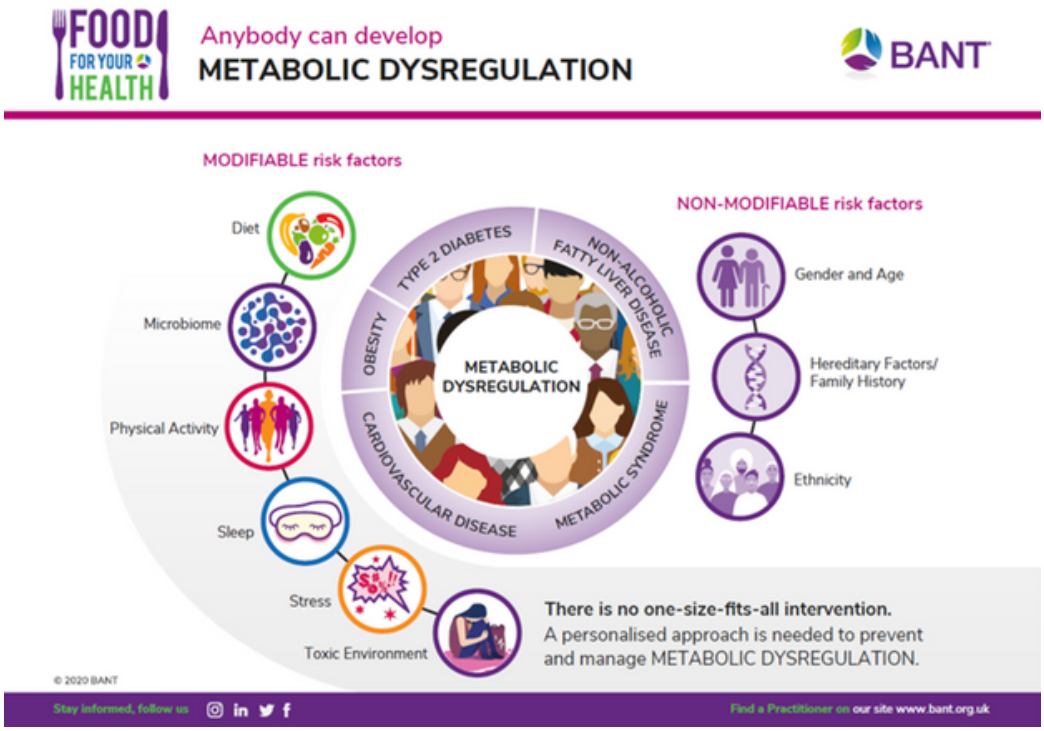
We believe in simplifying science to help everybody understand the evidence behind nutrition. Our scientific NED InfoBites are especially designed to provide you with all the latest research in simple terms and plain language. Simply download the ones that may apply to you and discover the science behind nutrition.

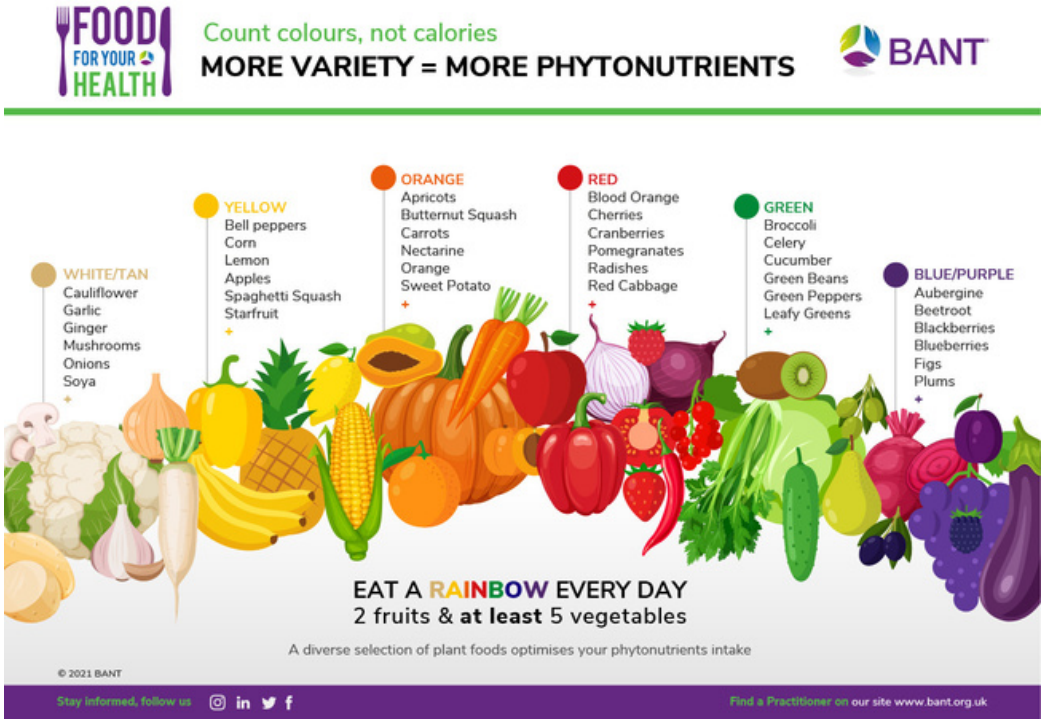
Plain language summaries of the latest research graphically presented in a client-friendly pdf for sharing in clinical practice.

INFOGRAPHICS

Download our infographics to learn more about metabolic dysregulation, making healthy food choices and eating a rainbow of colourful plant foods. Additionally, BANT Wellbeing Guidelines provide general guidelines for healthy diet and lifestyle when personalised advice is not available.

Open-access infographics to educate and engage the public about the modifiable risk factors associated with metabolic dysregulation, and to inspire healthy food choices. These double-up as clinical guides for members to use in practice.

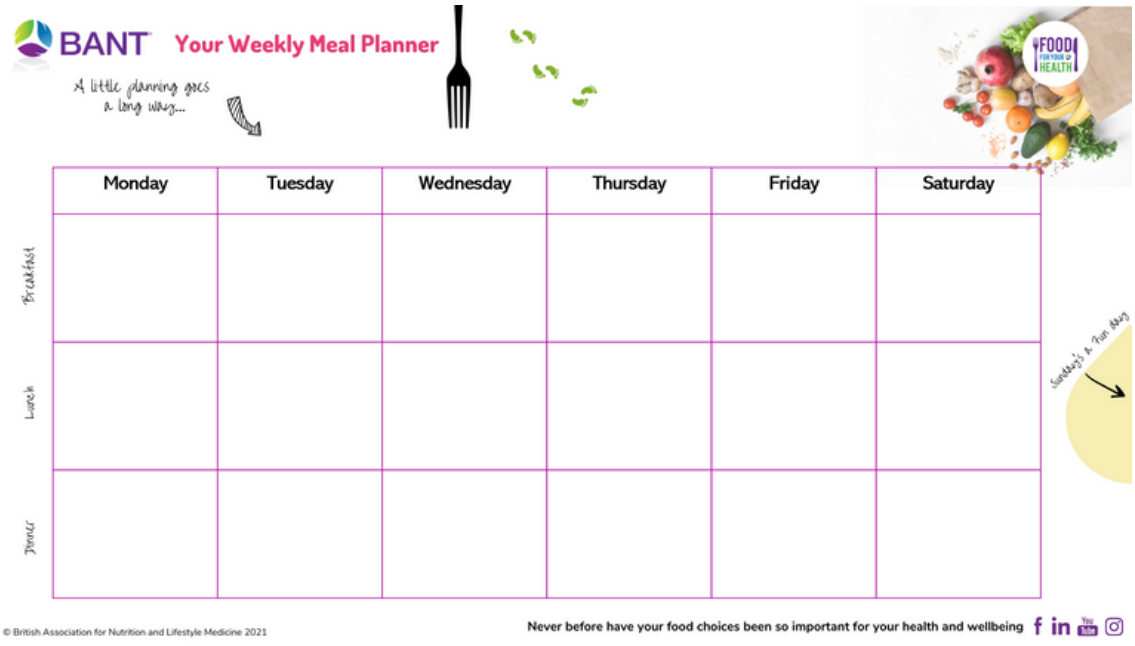


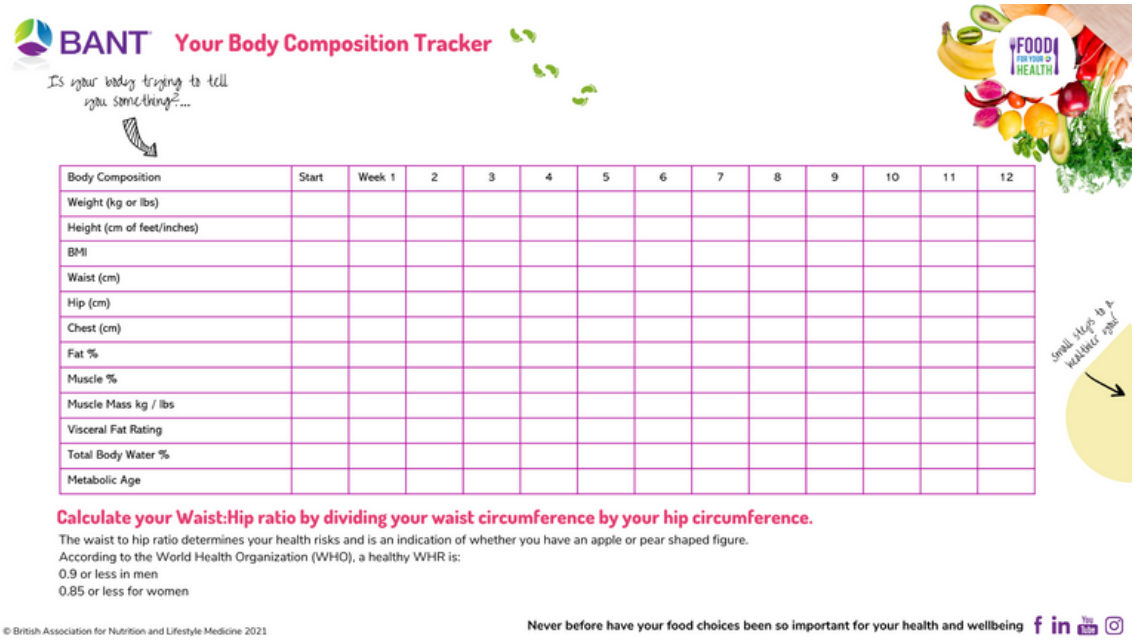


TRACKING TOOLS

Map out your meals and track your progress with our range of tracking tools to help you meal planning, monitor your symptoms and body composition. Knowing your health statistics is a great way to take control of your health and take those first steps towards a happy, healthier you.

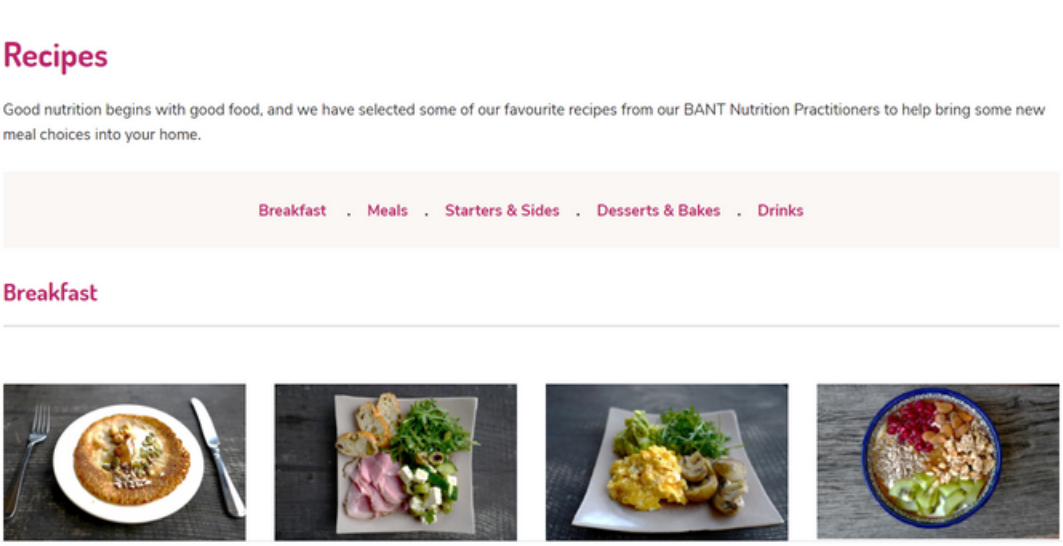
Open-access tracking tools to encourage and facilitate the public to be able to track their symptoms independently and plan their meals. A useful support for members to use alongside their clinical recommendations to clients.





RECIPES

Good nutrition begins with good food, and we have selected some of our favourite recipes from our BANT Nutrition Practitioners to help bring some new meal choices into your home. Every recipe comes as a printable pdf and highlights the nutritional values of the meal, alongside allergens and how to modify the recipe to make it allergen-free.
Browse our recipes here: https://bant.org.uk/foodforyourhealth_tools/recipes/



Macronutrient values per 100g as per Food labeling

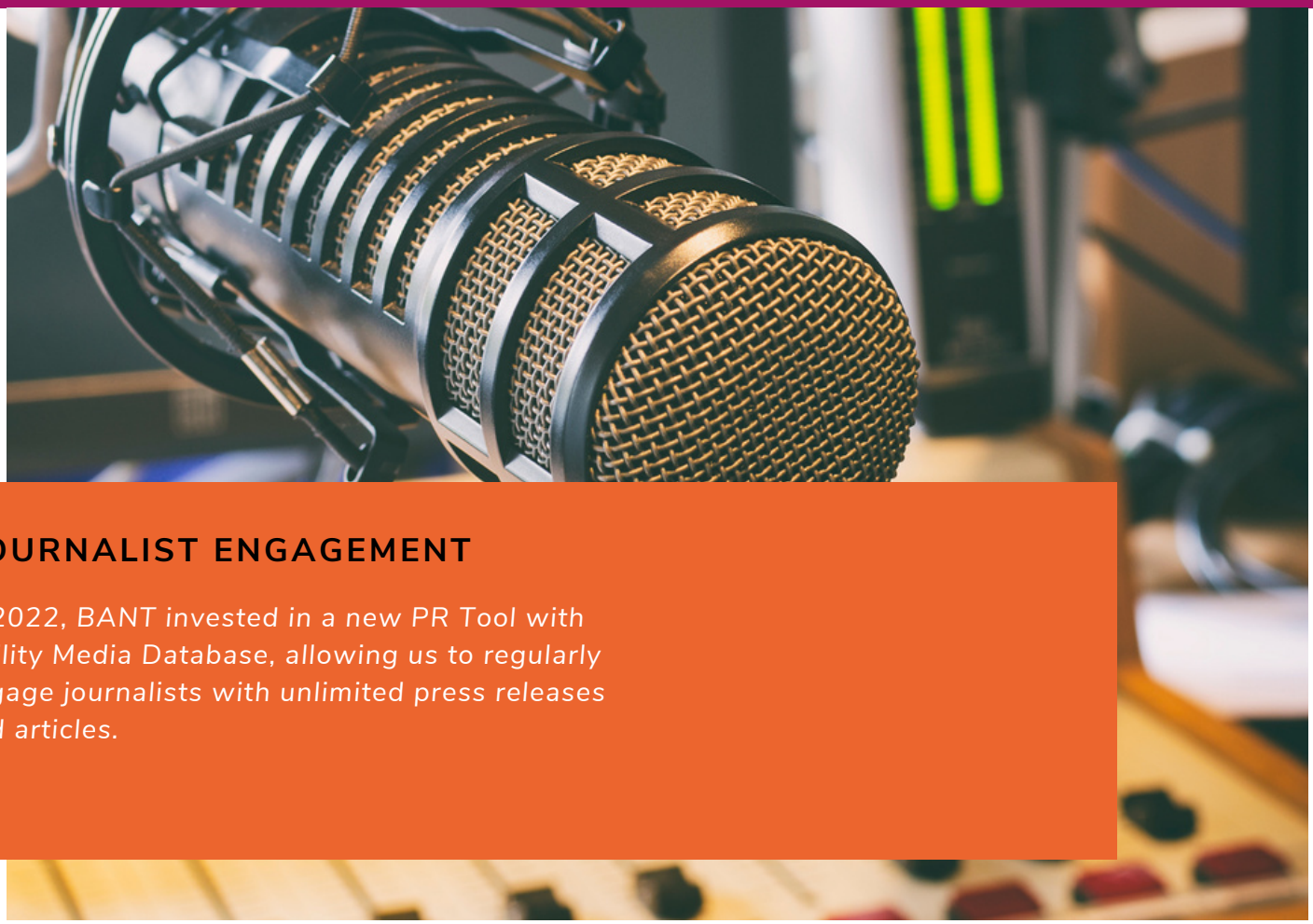
Ingredients & Serving guidelines

Allergen switches to make free-from

Allergen declaration

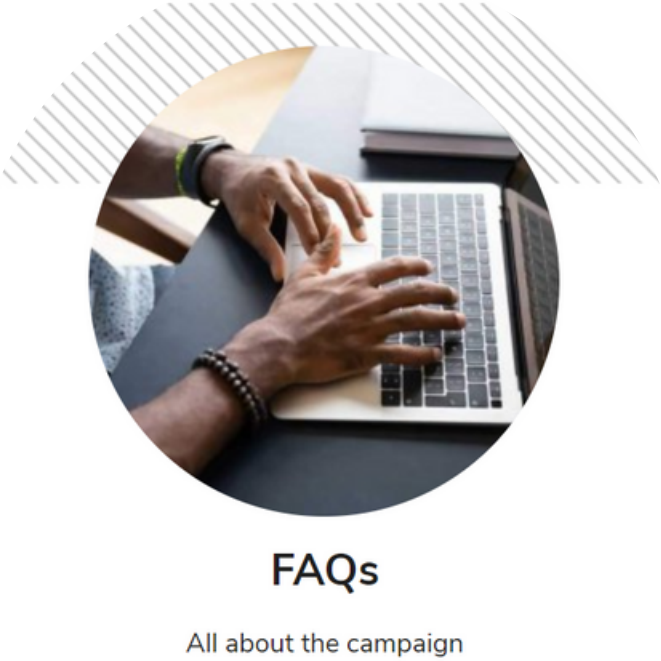
MEDIA & EVENTS COVERAGE

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



JOURNALIST ENGAGEMENT

In 2022, BANT invested in a new PR Tool with Agility Media Database, allowing us to regularly engage journalists with unlimited press releases and articles.



PRESS KIT & CAMPAIGN FAQ

Join us on social media and help us share the Food for your Health campaign message. Follow #foodforyourhealth Facebook, Instagram, LinkedIn, YouTube, Twitter

We actively encourage BANT members to promote the *Food for your Health* campaign and engage with the press. All the campaign FAQ and Press Releases can be accessed on the campaign press page online and shared with your media contacts.

SUMMER 2022 EVENTS

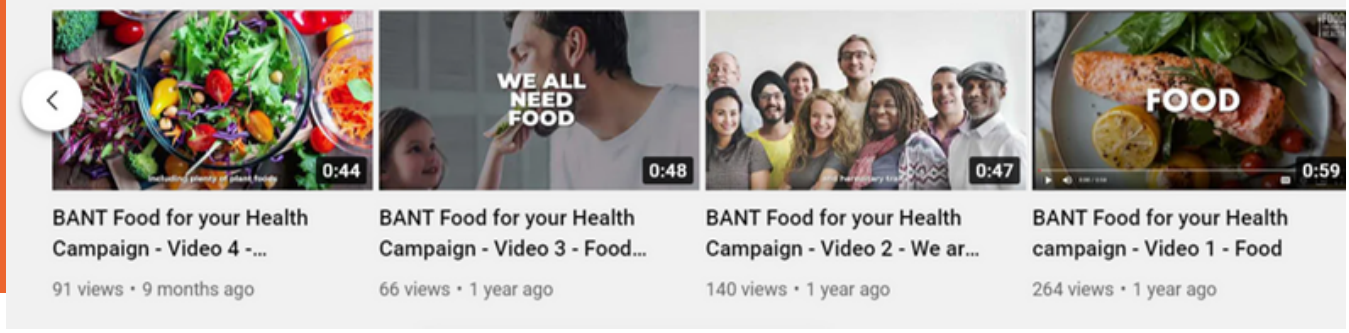
2022 has marked a welcome return to in-person events and BANT has been busy networking and promoting the profession at two major events this June: IPM Congress and IHCAN Summit, both of which took place in London.

IPM 22 was a magical meeting of like-minded nutrition and medical professionals all pushing for the same goal of integrated medicine and a more preventative approach to supporting health and wellbeing. Similarly, IHCAN delivered some great speakers, continuing the discussion and providing clinically relevant CPD.

6 CAMPAIGN VIDEOS

Hop over to the BANT Youtube channel to watch our series of 6 FFYH Campaign videos highlighting the importance of food for your health, a personalised approach that recognises we are all different, a food-first approach, ingredients and seasonality, how to balance your diet, and how to optimise your diet.
These videos are all available to be shared across your own communication channels.

Share

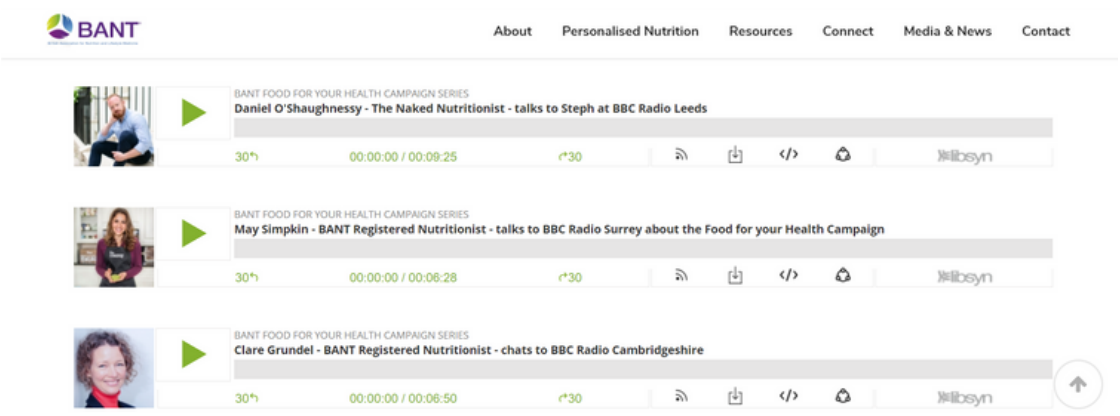


RADIO PODCAST SERIES

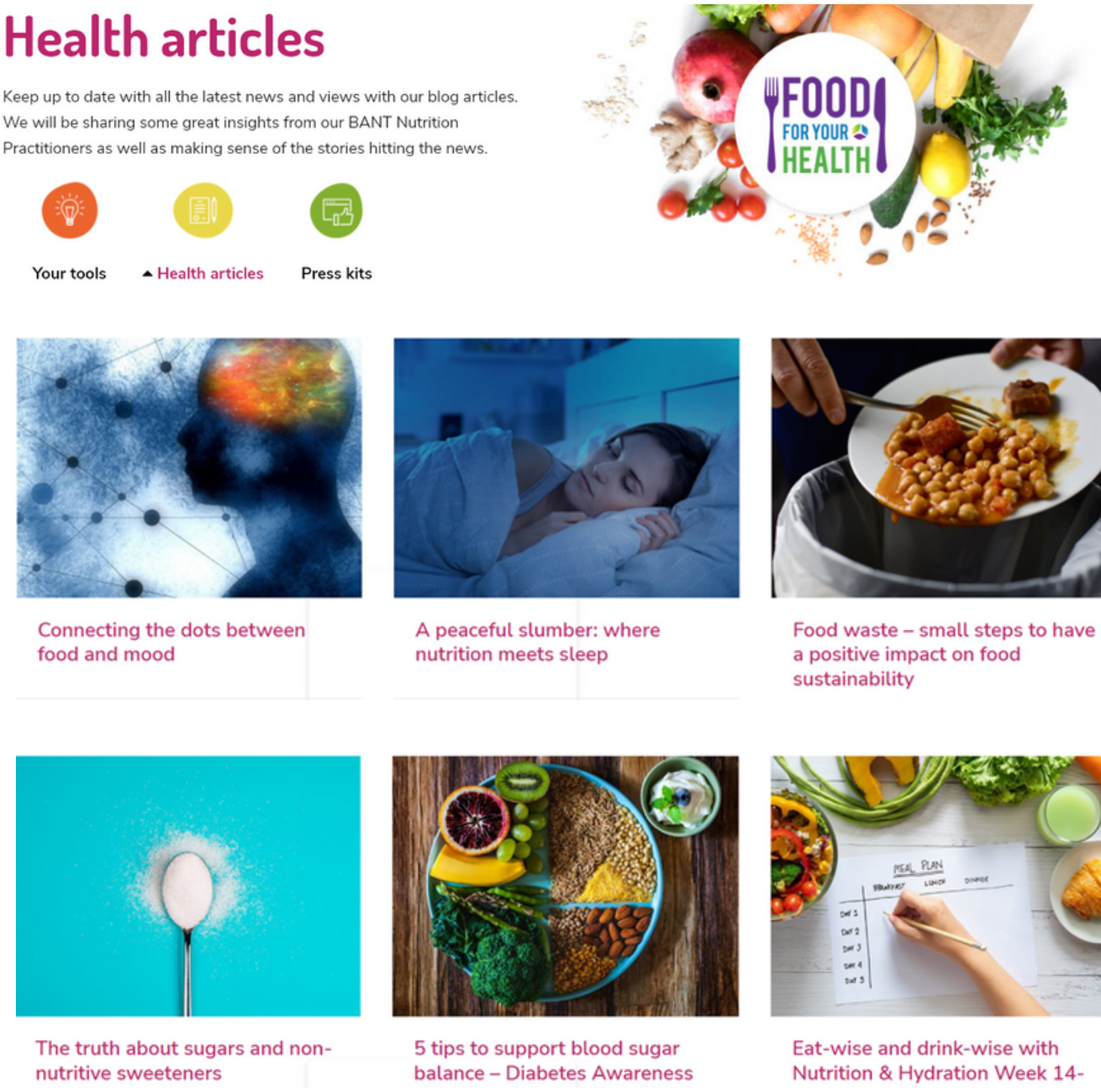
Sit back and listen to our BANT Registered Nutritionists discussing all things 'healthy eating' across a network of national BBC and commercial radio stations.

We have 6 mini podcasts available - each no longer than 10 minutes long - in which our team share their top tips for making healthy choices, food shopping, meal prepping, snacking and much more....

Find them here: Podcasts



FOOD FOR YOUR HEALTH



TOPICAL HEALTH ARTICLES

BANT has an expect team of Registered Nutritional Therapy Practitioners providing nutritional content for health articles and dedicated responses to media enquiries. Visit the articles page of the website to discover top advice and listicles and how to connect the dots between food and mood, enhance sleep quality, reduce your food waste, support T2DM with diet and much more.

Not only are these articles a great sources of information for members, counting towards your CPD, they provide ready.made content to share with your clients and across your own communications channels.

Share

FOOD FOR YOUR HEALTH

STAY TUNED...

MORE TO COME...

The campaign is scheduled to run for a minimum 2 year period so stay tuned for the latest news and resources at bant.org.uk