



Feed your gut to feed your overall health

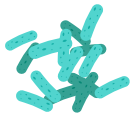
Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe the foods we chose should optimise our gut health for better overall health



Our gut is the gateway to health & disease...

Our gut is the body's direct contact with the outside world, bringing us into contact with foods that nourish as well as harmful microbes that can make us ill.



what are the key roles of the gut?



A healthy gut carries out more than just digestion:

- Aids digestion and the absorption of nutrients
- Hosts a diversity of gut microflora which support metabolism & other functions
- Regulates immune function - 70% of immune cells are harvested and located in our gut
- Influences mental health - 90% of serotonin, the 'happy chemical' in our brains is produced and transported by our gut.



Gut health starts at day 1

Gut health starts at birth when maternal microbiota is transmitted to the infant. This is not only a key regulator of infant health but also paves the way for lifelong health. When the gut is compromised, it can influence our overall health and increase the risk of disease progression. Adopting a healthy diet and lifestyle, can positively influence your gut composition and function of bacteria within it as prevention for disease.

Gut-friendly foods...



- **Fibre**-rich : fruits & vegetables, legumes & wholegrains



- Prebiotic foods: artichokes, onion, garlic, banana, apple cider vinegar



- Probiotic ferments: live yoghurt, kefir, kimchi, pickles, kombucha, miso,

