

## WHAT EVIDENCE DO BANT MEMBERS USE?

BANT members consider each individual to be unique and use an evidence-based approach to provide personalised recommendations. These recommendations take into account the biological individuality and health history of the individual, together with the modifiable diet and lifestyle factors, all of which form the basis for personalised nutrition and lifestyle programmes - rather than a 'one size fits all' approach.

## OUTCOMES THAT ARE...

**PATIENT-CENTRED**

**PRECISION-ORIENTATED**

