

# Who to choose for nutrition and lifestyle advice



**BANT**<sup>®</sup>

Science-based nutrition  
practice since 1997

## **Dietitians<sup>1</sup>**

Clinically trained practitioners that interpret nutrition science to improve health and treat diseases/conditions by educating and giving personalised advice.

They advise and support individuals using dietary interventions, exclusion diets and nutritional supplementation.

Primarily condition-specific dietary management.

## **Nutritional Therapy Practitioners<sup>1</sup>**

Clinically trained practitioners that interpret nutrition science for individualised nutrition and lifestyle recommendations to help prevent, improve and reduce the risk of chronic conditions.

They support individuals with obesity and weight management, cardiometabolic and hormonal health concerns, IBS and digestive disorders, autoimmune conditions, stress, anxiety and fatigue.

Where appropriate, support may include functional testing, CGMs, targeted supplementation and behaviour change strategies.

## **Healthy Eating Advice**

### **UKIHC health coaches<sup>2</sup>**

Behaviour change coaching to facilitate general healthy eating and lifestyle changes based on Eatwell Guide or BANT Wellness Solution.

### **AfN registered nutritionists<sup>2</sup>**

Provide general healthy eating advice based on Eatwell Guide.

<sup>1</sup> Regulated with statutory or accredited PSA register

<sup>2</sup> Registered with non-PSA accredited voluntary professional membership associations