

HEALTH AND WELLBEING



Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.

EAT A RAINBOW
7 a day
(5 veg and 2 fruit)

BANT EAT WELL GUIDE

DRINKS

Drink water, tea (black, green, fruit and herbal infusions), avoid drinks that are high in sugar or artificial sweeteners, including fruit juice.

FRUIT

Eat 1-3 palm-sized portions of fruit a day. Choose different colours and eat locally (e.g. pears, apples, plums, berries) and seasonally.



OILS

Use olive oil as your everyday fat for both cooking and seasoning, and butter in moderation. Avoid margarines and trans fats. Eat raw nuts, seeds and avocados.

PROTEIN

Make fish, poultry and eggs your principal sources of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.



British Association for Applied Nutrition & Nutritional Therapy

THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS

THE WELLNESS SOLUTION