

Count nutrients & colours, not calories

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

Find out why at BANT, we believe in counting the things that matter most...



Eat a rainbow of colourful plant foods...

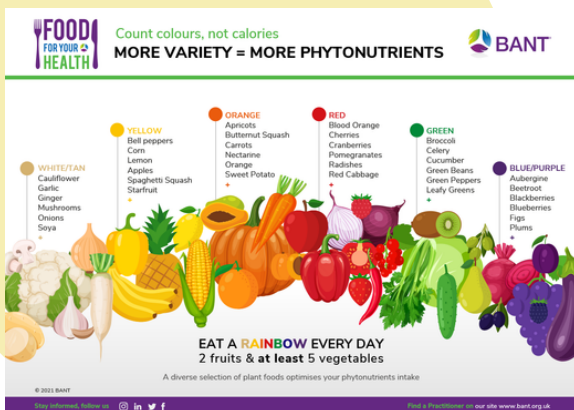
Every colour represents different vitamins and minerals, which is why eating foods from every colour of the rainbow can help guarantee you get a good intake of all nutrients.



Why food variety and colours matter?



Learn how to eat a rainbow
Download the infographic



It can be tricky knowing which foods contain which nutrients, so instead of focusing on individual foods it is easier to focus on variety and colours. The broader the variety and colours, the greater likelihood of your diet being full of important nutrients such as fibre, vitamins, minerals and active components called phytonutrients. Together these contribute to the smooth running of your body and everyday metabolic processes.

What's the magic number?

- 5** portions veggies /day
 - 2** portions fruit /day
 - 30** different plant foods per week
- Whatever your start point, aim to gradually build up the amount and variety of plant-based foods.

