



Healthy Switches to improve your diet

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

Find out how at BANT, our Registered Nutritional Therapists Practitioners work with you to optimise food choices



Simple switches to help optimise your diet...

Eating healthily does not mean giving up all the foods you love. Often times it's a case of making simple switches to optimise your nutrient intake and help you function better.

How to start making healthy switches?



Aim to make small switches each time you shop

Start by making one or two initial switches and gradually build up over time. There is no rush! Each time you shop you can add something new, and start exploring more whole foods and fresh ingredients. In this way you gradually optimise the nutrient value of the foods in your diet, and perhaps reduce processed foods at the same time.



The best place to start is by looking at the foods you currently eat. For example, is your everyday diet heavy in processed white grains (bread, pasta and rice)? Could these be switched for more fibre-rich variants made from whole grains? Or are you a lover of fruit-flavoured yoghurts that could be switched to lower-sugar natural yoghurt to which you add fresh fruit? Identify the foods in your diet where there is most potential to make healthier switches. This will be different for everyone based on personal preferences.

Switch up for more nutrients

