



Tips for your trolley to plan healthier meals

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

Find out why at BANT, we believe that your trolley is a direct link to your plate



Fill your trolley with wholefood ingredients...

Filling your trolley with more fresh, frozen, and wholefood ingredients can maximise your opportunity to get healthy foods on to your plate. Shop as you aim to eat.



How to make your trolley work for you?



Aim for 50% fresh, frozen or tinned fruits & veggies (unsweetened)



Pick up some protein foods



Add in some healthy wholegrains



Think of your trolley as a balanced meal and build your ingredient proportions as you would our BANT Wellness Solution below; 50% fresh fruit and veg, 25% protein and 25% whole grains. Most stores stock fresh fruit and veg at the entrance, so what better way to begin your shop? Next, add your protein foods choosing from fresh, frozen and tinned options. Stock up on store cupboard ingredients to help you build meals such as wholegrain pasta, rice, herbs, spices, tinned tomatoes, vegetable oils and more.



Download our wellness solution

