BANT



There's more to Carbohydrate foods

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

Find out why at BANT, we believe carbohydrate foods play a key role in your health and well-being



Don't cut the carbs, there's more to the story ...

Carbohydrates are one of 3 macro-nutrients, alongside proteins and fats, which provide your body with energy. We need all 3 macro-nutrients for optimal health and carbs come in many forms.

What's the story with carbohydrate foods?

Carbohydrates are often mistaken for being only grains and cereals, such as bread, pasta and rice. However, the carbohydrate family also includes all plant foods, namely fruits, vegetables, legumes, nuts and seeds. What is important with carbohydrate foods is striking an optimal balance between the different types. This is because all carbohydrate foods contain natural sugars, glucose and fructose, which cause differing fluctuations in blood glucose levels, depending on the amount of sugar present and its availability. Carbohydrates also provide other nutrients such as fibre, vitamins, minerals and phytonutrients all of which the body needs to function optimally.

Download the BANT wellness solution



Which foods are carbohydrates?

- Grains, cereals & flours
- Nuts & Seeds
- Legumes: beans & pulses
- Fruits & Vegetables

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