BANT



FOOD FOR YOUR HEALTH

Add a protein food to balance your plate

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

Find out why at BANT, we are passionate about protein foods for your health and well-being



We need protein because we are protein...

Protein foods are often described as the building blocks of the body, used for growth and repair, and essential in bones, muscles, cartilage, skin and helping to oxygenate the blood.

Why is adequate protein important for health?

Protein is one of 3 macro-nutrients, together with fat and carbohydrates, and can be derived from either animal or plant sources. Protein foods are composed of nutrients called amino acids, and there are 20 in total. 9 of these amino acids are essential as they can only be found in food sources and not made by the body. For this reason, it is important to ensure an adequate intake and variety of protein foods. Protein foods contain no or low sugar and can help support blood glucose fluctuations after eating. Protein is slowly digested helping you to feel fuller for longer.

Download the BANT Wellness Solution



Which foods provide protein?

- Eggs & Dairy
- Meat & Poultry
- Legumes, Nuts & Seeds
- Fish & Seafood
- Specific Grains

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