

NUTRITION & GUT HEALTH



The digestive tract works hard to absorb nutrients and water into the body, so keeping it healthy is important! Eating well is a great way to promote digestive health and prevent uncomfortable symptoms like gas and bloating.

FIBRE

Fibre promotes healthy digestion by helping to remove waste from your body and keeping your bowel movements regular. Foods high in fibre include vegetables, fruit, whole grains, legumes, nuts, and seeds.

FLUIDS

In addition to fibre, fluids are necessary to keep your bowels movements regular and prevent constipation. Aim to drink 8 cups of fluid a day. Water is the best choice!

PROBIOTICS

Probiotics are healthy bacteria that naturally live in our colon. Probiotics are added to certain foods like yogurt, cheese, and milk. They may help to ease symptoms of irritable bowel syndrome and inflammatory bowel disease, but more research is needed to fully understand the health benefits.

PREBIOTICS

Prebiotics are non-digestible carbohydrates that act as food for probiotics, helping them grow and remain in your colon. Prebiotics are naturally found in certain vegetables, grains, and roots, as well as fermented dairy products like yogurt, buttermilk and kefir. Prebiotics are also added to bread, cereals, dairy products, sauces and soups, sports drinks, and snack bars.

REGULAR MEALS

Consuming regular meals and snacks throughout the day helps to move food through your digestive system. Listen to your hunger and satiety cues, and try not to overeat.

BOTTOM LINE

To promote gut health, it is best to eat regular meals and follow a balanced diet including fibre and fluids. Probiotics and prebiotics may also help contribute to a healthy gut.