

Get Your Gut Healthy

Benefits of a Healthy Gut >>>>

- Fewer stomach aches
- Less gas
- Better attitude
- Perfect pooping
- Fewer colds & flus

Want a Healthy Gut? Do the 5 F's...

1 Fluid

Hydrate throughout the day with:

- Water
- Iced/Hot Tea (unsweetened)
- Flavored Water (unsweetened)

2 Fiber

Eat high fiber foods at meals & snacks:

- Beans
- Avocado
- Chia Seeds
- Pear
- Popcorn
- Sweet Potato
- Apple
- Oatmeal
- Broccoli

3 Fitness

Exercise daily to keep your gut strong.

4 Healthy Fats

Eat healthy fats at meals & snacks:

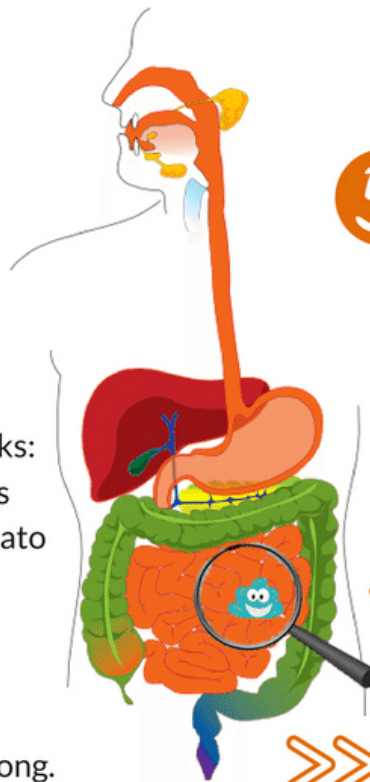
- Nut Butters
- Seeds
- Avocado
- Nuts
- Olive Oil
- Fish

5 Friendly Bacteria

Eat good bacteria (probiotics):

- Yogurt
- Sauerkraut (unpasteurized)
- Kefir

Avoid sugar which feeds bad bacteria



>>>> Gut Fact:

Your diet can change gut bacteria in as little as **one day!**

Gut Extra Credit >>>>

#1 Tip for Better Digestion: Chew food VERY well, until it's applesauce texture in your mouth.

PS: Avoid bloating troublemakers like gum, carbonated soft drinks & artificially sweetened foods.

Reference:

Wu H-J, Wu E. The role of gut microbiota in immune homeostasis and autoimmunity. Gut Microbes. 2012;3(1):4-14.