

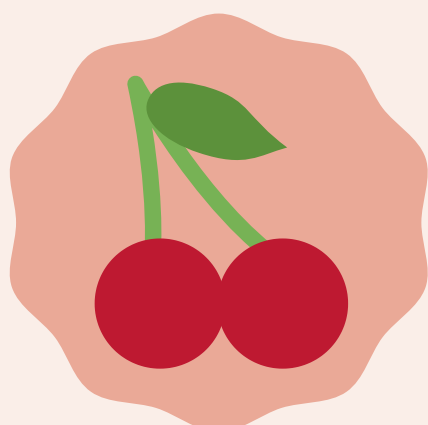
OUR GUT HEALTH IMPACTS OUR
PHYSICAL AND MENTAL HEALTH

FOOD FOR GOOD GUT HEALTH



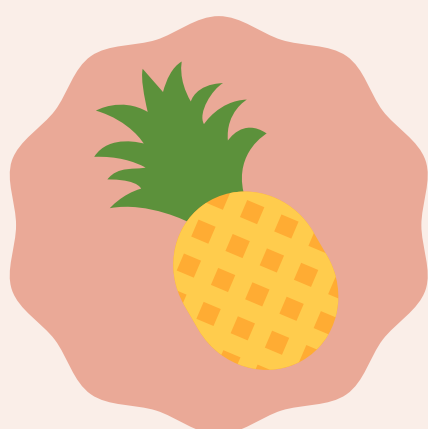
EAT MORE PLANT BASED FOODS

Plant based foods contain fibre, which is your guts favourite food! You can't get fibre from animal products like chicken so try to eat more plant based foods like fruit, vegetables, nuts, grains and seeds.



EAT A HUGE VARIETY

The more variety the better! Try eating all the colours of the rainbow in one week. Different colour foods contain different nutrients that your gut will love!



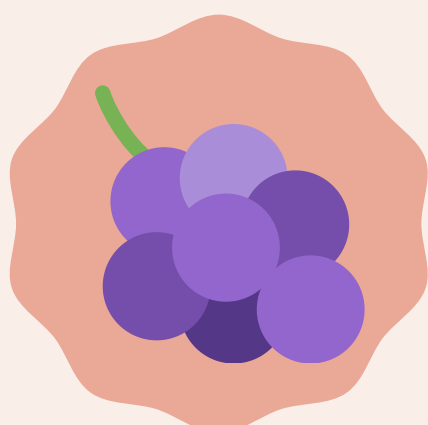
AIM FOR MORE THAN 5 FRUIT AND VEG A DAY

There is a happy hormone called serotonin, this has an impact on your mood and is mostly made in your gut! When you eat lots of fruit and veg, your gut will be getting lots of fibre which feeds your gut microbiome and helps to make more serotonin.



TRY FERMENTED FOODS

Fermented foods are foods that have microbial growth and when we eat them they add good bacteria to our guts. Cultured yogurt and milk is a fermented food, as well as kombucha and kefir.



EAT FOODS RICH IN POLYPHENOLS

Foods like grapes, almonds, onions, blueberries, and broccoli contain something called polyphenols. Your body can't digest polyphenols, so they make their way through your body to your gut where your gut loves to feast on them which is great for your gut microbiome.