

GUT HEALTH



Eat to Support Gut Health

Research has found that a healthy gut can be linked to hunger cues and appetite, immune system function, metabolism, neurological function, and even mood. This makes it important to fuel our gut with foods that will promote the growth of good bacteria, and inhibit the growth of the bad bacteria.

A diet rich in whole foods, limiting processed foods and sugar will best support the gut. Sleep and hydration are also key factors!



PREBIOTICS

Prebiotics are natural, non-digestible food components that promoting the growth of good gut bacteria. Find them in bananas, garlic, onion, soybeans, artichokes, leeks and other fruits and vegetables.

PROBIOTICS

The live, active cultures found in our gut are called probiotics. These beneficial bacteria help change or repopulate good intestinal microbiota to balance the gut. Find probiotics in sauerkraut, kombucha, yogurt, unfiltered apple cider vinegar, kim chi, tempeh and miso. You can also find supplement probiotics.