



GUT HEALTH KICK-START GUIDE

SIX STEPS TO A HEALTHIER GUT

DID YOU KNOW THAT OUR GUT IS HOME TO OVER 100 TRILLION MICROORGANISMS?

These gut bugs help with many bodily functions, including digestion and immunity. A healthy gut may help reduce your risk of chronic disease, so working to support your gut can be an excellent first step in ensuring a healthier you.¹

STRESS MANAGEMENT

Stress has been shown to negatively influence the gut microbiota by reducing the abundance of beneficial bacteria.² Practice stress management techniques like meditation or deep breathing to reduce stress and help keep your gut microbiota happy.

SLEEP

A recent study showed that microbiota diversity was significantly and positively correlated with better sleep.³ Aim to get 7-8 hours of sleep each night. Try implementing a sleep routine (like shutting off your phone or reading before bed) to ensure you're getting good quality rest.

CONSISTENCY

Emerging evidence suggests that long-term diet is the primary driver of the composition of the gut microbiota.⁴ This means that one meal is not going to make or break your gut health. Rather, aim for consistency with your dietary habits over time.



GUT MICROBIOTA

The microbes present in the large intestine, including bacteria, archaea, fungi, and viruses.

VARIETY

A diverse diet that includes a wide range of plant-based foods has been associated with greater microbial diversity. Aim for 30 different plant foods per week to ensure you're providing fuel for all the different microbes living in your gut.⁵

FIBRE

Fibre is fuel for your gut microbes, so ensuring you're getting enough is key for taking care of your gut microbiota. Women need about 25 grams per day, while men need about 38 grams per day.⁶ Aim to consume high fibre foods like whole grains, fruits, vegetables, and pulses often.

PHYTOCHEMICALS

Phytochemicals are naturally occurring compounds found in plants, and act as fuel for our microbiota. Phytochemicals are associated with higher numbers of beneficial bacteria, as well as a decrease in inflammation. To boost your phytochemical intake, eat the rainbow! Plant foods like blueberries, tomatoes, apricots, broccoli, dark chocolate, and many different spices are all phytochemical powerhouses.⁷



FIBRE IN COMMON FOODS



FOOD NAME	SERVING SIZE	FIBRE CONTENT (GRAMS)	FOOD NAME	SERVING SIZE	FIBRE CONTENT (GRAMS)
GRAIN PRODUCTS					
Barley	½ cup (cooked)	2.0	Bread (rye)	1 slice	2.0
Bread (white)	1 slice	0.8	Bread (whole wheat)	1 slice	2.4
Bulgur	½ cup (cooked)	2.7	Couscous	½ cup (cooked)	0.7
Cream of Wheat	3 tbsp (uncooked)	1.0	Oatmeal	¼ cup (uncooked)	2.2
Quinoa	½ cup (cooked)	1.3	Rice (brown)	½ cup (cooked)	1.5
Rice (white)	½ cup (cooked)	0.4	Rice (wild)	½ cup (cooked)	1.6
VEGETABLES					
Asparagus	6 spears	1.5	Beans (green)	½ cup	1.9
Bok Choy	½ cup (cooked)	0.9	Broccoli	½ cup (raw)	1.1
Brussels sprouts	4 sprouts	3.2	Carrots	1 medium	1.5
Cauliflower	½ cup (raw)	0.9	Celery	1 stalk	0.6
Edamame	½ cup	4.3	Lettuce	1 cup	1.0
Onion	½ cup	0.6	Peas	½ cup	3.7
Peppers	½ cup	0.8	Potato (with skin)	1 medium	3.8
Squash (butternut)	½ cup	1.8	Tomato	1 medium	1.5
FRUIT					
Apple	1 medium	2.6	Avocado	½ medium	6.7
Banana	1 medium	2.1	Blueberries	½ cup	2.0
Grapes	20 medium	1.2	Kiwi	1 medium	2.3
Mango	½ medium	1.9	Orange	1 medium	2.3
Peach	1 medium	1.9	Pear	1 medium	5.0
Raspberries	½ cup	4.2	Strawberries	7 medium	1.9
LEGUMES, NUTS, AND SEEDS					
Almonds	¼ cup	4.2	Black Beans	¾ cup	12.2
Chia seeds	1 tbsp	3.7	Chickpeas	¾ cup	7.8
Flaxseed	1 tbsp	3.0	Kidney beans	¾ cup	12.1
Lentils	¾ cup	6.2	Peanut butter	2 tbsp	2.5
Pumpkin seeds	¼ cup	1.4	Sunflower seeds	¼ cup	2.9

