

TOP 15 FOODS TO IMPROVE YOUR GUT HEALTH



BANANAS

Especially green bananas are high in resistant starch, so they act as a prebiotic, fostering healthy gut bacteria & aiding digestion. They are lower in sugar, making them beneficial for blood sugar management.



YOGURT

Rich in probiotics, it helps balance the gut microbiota and supports the digestive system. It's important to choose yogurts that contain live, active cultures for maximum benefits.



KEFIR

A fermented milk drink similar to yogurt but with even more probiotic cultures. It supports digestion and inhibits harmful bacteria.



SAUERKRAUT, CABBAGE, KIMCHI & CO.

Fermented foods like cabbage, sauerkraut, and kimchi, when containing live cultures and no added sugars, are excellent for gut health. They provide probiotics and postbiotics that enhance digestion, boost the immune system, and reduce inflammation.

Kimchi is a spicy Korean side dish made from fermented vegetables.



GARLIC

As a prebiotic it promotes the growth of beneficial Bifidobacteria in the gut, supporting a strong gut barrier and reducing inflammation. Additionally, garlic's natural antibacterial properties help to keep harmful bacteria under control.

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APPLES

Rich in pectin, a type of soluble fiber that acts as a prebiotic. It feeds the good bacteria and helps improve the intestinal barrier function.



BERRIES

Rich in antioxidants, vitamins and high in fibre. They help fight inflammation, protect the gut lining, and provide dietary fiber for digestive health



ONION

High in prebiotics, particularly inulin and fructooligosaccharides, they help maintain a healthy and balanced intestinal flora. Additionally, they contain quercetin, a flavonoid that can help reduce inflammation and support digestive health.



TEMPEH

Made from fermented soybeans, it is a good source of probiotics and a high-protein alternative to meat. Its fermentation process helps in breaking down the nutrients making them easier to digest.



SEEDS

These tiny seeds are loaded with fibre, which feed the good bacteria and help promote regularity and healthy stool. They are also high in omega-3 fatty acids, reducing inflammation.



WALNUTS

High in fibre, rich in omega-3 fatty acids, they are not only beneficial for brain health, but promote good bacteria and reduce inflammation.



MISO

A Japanese seasoning produced by fermenting soybeans with salt and koji. The fermentation process makes it a source of probiotics and helps enhance the friendly bacteria in the gut



GINGER

It can help stimulate saliva, bile, and gastric enzymes, aiding in digestion and reducing inflammation. It's also known for soothing the intestinal tract.

YOUR GUARDIAN



We are happy you chose our little food guide to support your gut health and we hope you will discover the amazing benefits nutrition can have. Imagine your gut as the guardian of your health, orchestrating a symphony of biological processes that keep your body in tune. From fuelling your cells to fending off illness and brightening your mood, a healthy gut is your secret weapon for vitality and longevity.



SIGNS OF POOR GUT HEALTH

- Food Cravings (especially for sugar and refined carbs)
- Bloating (frequent or persistent bloating after meals)
- Gas (excessive or foul-smelling)
- Constipation or Diarrhea
- Frequent Illness or Infections
- Food Intolerances or Sensitivities
- Allergies
- Heartburn/ Acid Reflux
- Unintentional Weight Changes
- Joint Pain or Inflammation
- Fatigue
- Brain Fog
- Mood Imbalances and Mood Disorders (anxiety, depression)
- Skin Problems

Download Our **21 Day Reset & Repair Challenge** for more insights, powerful tips, daily guidance and recipes and boost your gut health journey today!

Please feel free to share your experiences. We are always excited to hear about your journey, reflection and thoughts. Dive deeper into your transformation with us, and keep exploring new paths to health. Keep pushing towards your goals,

Big Hug