



ROADMAP TO A HEALTHIER GUT

8 STEPS TO IMPROVE GUT HEALTH

You are home to around 100 trillion microbes, and about 95% of them live in your gut.

Your gut is also where 80% of your immune system resides, and it's where 95% of your serotonin (your feel-good hormone) is produced.

Our gut and brain communicate with each other through the 'gut-brain axis'. What you eat affects this communication pathway and this is why keeping your gut microbes healthy is key to feeling your best.

A fibre-rich diet with plenty of whole foods keeps your microbes well-fed. The good news is that carbs are not the enemy!

Your gut microbes feed on the fibre your body can't digest on its own. In return, they produce gas, vitamins, and short-chain fatty acids (SCFAs), which help to regulate your mood!

Follow Our Gut Health Roadmap

We've covered simple step-by-step changes to help you improve your gut health. Master one step at a time, then move to the next at your own pace.



STEP 1: ADD PREBIOTIC FOODS TO YOUR DAY

Prebiotics are special types of fibre that feed the good bacteria in your gut. Aim to include a prebiotic foods daily in a way that works for you.

Prebiotic foods include: Garlic, onion, leek, asparagus, oats, apples, wheat, barley, flaxseed, seaweed, tomatoes and most other fruits and veggies.

TOP TIP: Cook with onion, garlic, or leek – they're flavourful and gut-loving! Add an extra serve of vegetables to your lunch and dinner – even a handful makes a difference.

STEP 2: GET ON BOARD WITH OVERNIGHT OATS

Apples contain pectin which is a prebiotic fibre that nourishes your gut's good bacteria. Soaking oats overnight boosts their resistant starch which helps with digestion and keeps you full for longer. Cooled oats offer even more resistant starch than freshly cooked ones!

TOP TIP: Grate an apple into your bircher muesli or overnight oats and start your day with porridge, overnight oats, or a bircher bowl.

STEP 3: BECOME A MUSHROOM LOVER

Mushrooms are a source of vitamin B5, which helps reduce fatigue and supports adrenal function, especially during stress. Mushrooms contain tryptophan, an amino acid that plays a role in producing serotonin and melatonin, helping regulate your body's natural sleep-wake cycle.

TOP TIP: Add sauteed mushrooms with scrambled eggs or as a topping for salad for a nutrient boost.



STEP 3: FALL IN LOVE WITH BANANAS

Bananas have a soothing effect on the gut thanks to their high content of pectin and soluble fibre which helps to supports healthy cholesterol and gut function too. Green bananas are higher in pectin and soluble fibre and as the banana ripens it becomes higher in natural sugars.

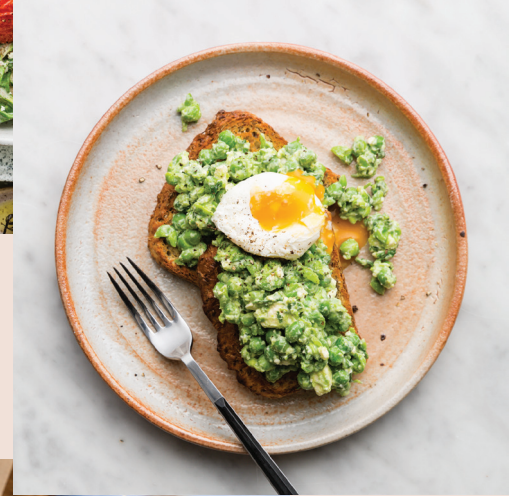
TOP TIP: Add frozen banana into a smoothie or chopped banana into your porridge or yoghurt.



STEP 5: ENJOY TOMATOES - FRESH OR CANNED

Tomatoes are another source of prebiotic fibre. Cooked tomatoes (or canned) boost the activity of probiotics and makes it easier for your body to absorb lycopene, a powerful antioxidant.

TOP TIP:
Roasting tomatoes enhances their flavor and makes a perfect topping for toast or a side dish.



STEP 6: DIAL UP THE FROZEN PEAS

Despite their small size, peas contain a range of vitamins and minerals and dietary fibre. They're also a source of protein, making them a great addition to your diet for supporting both gut health and overall nutrition.

TOP TIP:
Add cooked peas to your salads for an extra boost of vitamins, fibre and protein.



STEP 7: FIND WAYS TO USE PUMPKIN

Pumpkin is a source of vitamin A, which plays a key role in supporting your immune system plus it's full of gut-friendly fibre. Leave the skins on when roasting your pumpkin for extra dietary fibre.

TOP TIP:
Add mashed pumpkin into muffins, pancakes, or breads for a nutrient boost.

STEP 8: ADD CHICKPEAS, LENTILS AND BEANS

Chickpeas contain dietary fibre, especially a type called raffinose. This soluble fibre is broken down by your gut bacteria, helping to support healthy digestion and regular bowel movements. All other beans and lentils provide dietary fibre, protein, and minerals that feed your gut and keep things moving.

TOP TIP:
Make homemade hummus with chickpeas or a white bean dip with lemon and garlic.

