

# The good gut health food plan.

We have provided some ideas of food and meals that can support the **growth of beneficial bacteria** in your gut, as well as try to **minimise inflammation**. Many of these foods may be found in larger supermarkets or specialist health stores.

<b>Breakfast</b> Overnight oats with chia seeds, yoghurt and mixed berries Sliced kiwi or papaya Green tea	<b>Afternoon snack</b> Sliced cucumbers with hummus A handful of mixed nuts (almonds, walnuts, or cashews)
<b>Morning snack</b> Greek yoghurt with honey and a sprinkle of almonds A small serving of kimchi or sauerkraut	<b>Dinner</b> Baked salmon or a plant-based protein (e.g., lentils, chickpeas) with a lemon and dill sauce Steamed broccoli or asparagus Mashed sweet potatoes with a touch of olive oil A side of fermented foods like kefir or miso soup
<b>Lunch</b> Grilled chicken or tofu salad with mixed greens, cucumber, and cherry tomatoes Quinoa or brown rice with a lemon vinaigrette A side of pickled beetroots	<b>Evening snack (if needed)</b> A small serving of low-sugar, high-probiotic yoghurt
<b>Hydration</b> Drink plenty of water throughout the day and also include herbal teas, like ginger or peppermint, which can have digestive benefits.	

## General guidelines



**Fibre-rich foods:** Incorporate plenty of fruits, vegetables, whole grains, and legumes into your diet. These provide essential prebiotics, which nourish your gut bacteria.

**Probiotics:** Include fermented foods like yoghurt, kefir, kimchi, sauerkraut, and miso in your diet. These foods are rich in beneficial bacteria that support gut health.

**Unsaturated fats:** Consume foods rich in unsaturated fats (sometimes referred to as “healthy fats”), such as avocados, nuts, and olive oil, which can have anti-inflammatory properties.

**Lean proteins:** Choose lean sources of protein like poultry, fish, tofu, or legumes.

**Limit processed foods:** Minimise processed and sugary foods, which can negatively impact gut health.

**Drink in moderation:** Limit alcohol consumption, as excessive alcohol can harm the gut lining.

**Stay hydrated:** Proper hydration is essential for digestive health.

**Manage stress:** Stress can affect gut health, so incorporate stress-reduction techniques like meditation, yoga, or deep breathing exercises.

*Remember that it may take time to notice the full benefits of a gut-healthy diet, as the gut microbiome is a complex, individual and evolving system. Patience and consistency may be required.*

*Please seek professional advice if you have specific gut-related issues or dietary concerns or if you notice any sensitivities.*