

Nutrition for your gut.

The key role of the gut is to break down the food we eat and absorb nutrients as well as playing roles in physical health, immunity, and our mental wellbeing. Here are some top tips to consider for overall good gut health:

Variety in the diet. Having a balanced and varied diet ensures that we are getting all the vitamins, minerals, and nutrients we need. If you don't have to follow a specific restricted diet, it's recommended to include all major food groups regularly.

Fruit and veg: Fruit and veg contain many of the different vitamins and minerals we should be getting daily which is important to maximising our nutrient stores. They are also an excellent source of dietary fibre which is crucial to help maintain a healthy gut by aiding the digestion process and fuelling good bacteria. It's important to have at least 5 different fruit and vegetables portions per day, if not more!

Increase fibre intake: Fibre is a key component of our gut health. Low fibre intake can increase risks of heart disease and bowel cancer. In the UK, it's recommended to achieve at least 30g of fibre per day. It's easy to add more fibre in your diet – think about having more wholegrains such as wholemeal bread, wholewheat pasta, brown rice, and increasing your fruit and veg portions.

Prebiotics and probiotics: Not drinking enough fluid daily can impact gut health. Aim for at least 1.5-2 litres per day.

Know your triggers: It's important to notice how foods make you feel. Keeping a food diary can be useful when wanting to look after your bowel health as well as understanding the links between food and your mood.

There's no secret when it comes to good gut health. Think balance, variety, and lots of fibre. When it comes to making changes, think about small, sustainable changes you could make and then build on them as they become more of a habit.

If you're worried about symptoms or issues, please contact your GP.