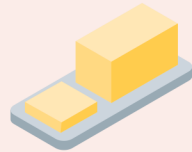


Fibre Fuelled Swaps

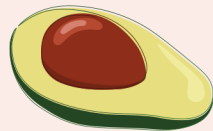
High dietary fibre consumption is associated with increased gut microbiota diversity.

Try swapping...

For this...



Butter
~0g fibre per teaspoon



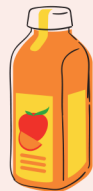
Avocado
~3g fibre per ¼



White bread
~1g fibre per slice



Grainy wholemeal bread
~3.4g fibre per slice



Apple juice
~0.5g per cup



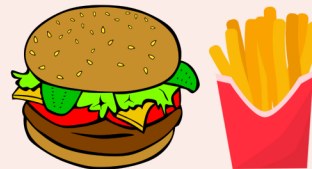
Whole apple
~4.2g fibre per apple

Remember to increase your fibre intake slowly to allow your gut to adjust to a new level of fibre and avoid any symptoms such as abdominal bloating and cramping!

5

Lifestyle Changes for Improved Gut Health

Aim to eat 30 different plant foods every week



Limit ultra-processed foods

Lower stress levels



Stay hydrated

Improve quality of sleep



Regular exercise

“Greedy for Gutness”

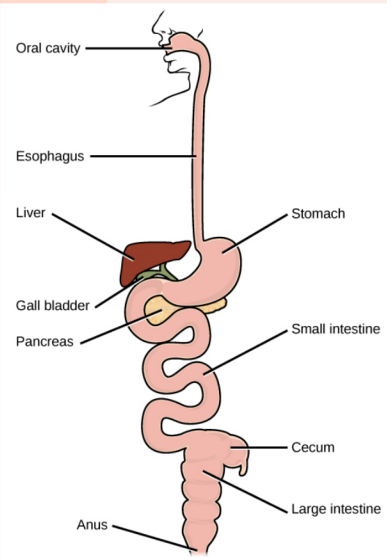
Really “gut” tips to look after your gut health



Chester Nutrition Fair 2024

Celyn Griffiths, Megan Maiden,
& Phoebe Powell

Gut and Microbiome



The 'Gut' is a term used to describe the complexed group of connected organs which work together to turn the food we eat into valuable nutrients for our body.

The microbiome consists of trillions of microorganisms, composed of thousands of different species of bacteria, viruses and fungi. These healthy 'bugs' are located throughout the body but mainly inhabit the small and large intestines. Each individual has an entirely unique network of microbiota that is originally determined by our own DNA and influenced by diet, prebiotics and probiotics, and lifestyle.



Impact on Health

A diverse gut microbiota plays an important role in the functioning of many biological processes:

- Immune system
- Digestive system
- Metabolism
- Behavioural and neurological functions such as mental health.

Feeling good begins in the gut

If you have an imbalance of gut bacteria, and therefore, your gut isn't functioning optimally, you may experience a range of symptoms including:

- Upset stomach
- Unintentional weight changes
- Fatigue
- Skin Irritation
- Autoimmune conditions
- Food intolerances
- Change in hormone levels



Prebiotics & Probiotics

Both prebiotics and probiotics are important for human health. However, they have different roles:

Probiotics are foods or supplements that contain live microorganisms intended to maintain or improve the "good" bacteria (normal microflora) in the body.



Kimchi



Kefir



Yogurt



Sauerkraut



Kombucha



Miso

Prebiotics are foods (typically high-fiber foods) that act as food for human microflora.



Unripe banana



Garlic



Legumes



Leek



Nuts



Artichoke



Onion



Oats

resources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8153313/>

fibre

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6699480/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7306068/>

