

# Mutrition and Gut Health



#### What is the Gut Microbiome?

- A distinct ecosystem within your GI tract, populated by trillions of microorganisms.
- These microorganisms have a symbiotic relationship with us, their hosts.
- The gut microbiome may affect the digestive, immune, nervous and endocrine systems.

#### What is Dysbiosis?

- This is a fancy word for an unbalanced or unhealthy gut microbiome.
- It can mean too few good bacteria, too many bad bacteria or a lack of bacterial diversity.
- May be caused by infections, small-intestine bacterial overgrowth (SIBO), inflammatory bowel disease (IBD), atherosclerosis and environmental factors.

### How Can My Diet Help (or Hurt) My Gut Microbiome?

#### **Fiber**



Whole grains Beans, peas, lentils Fruits and vegetables Nuts and seeds

#### **Prebiotics**



Artichokes and asparagus Garlic, onions, leeks Jicama Bananas, apples, raspberries Oats, barley Seaweed Flaxseeds

## **Probiotics**



Yogurt with live active cultures Pickles or pickled beets Kefir (fermented milk) Sauerkraut Kombucha Sourdough Kimchi Miso

# Polyphenols >



Fruits: Apples, blueberries, cherries, grapes, pears and strawberries Vegetables: Broccoli, cauliflower, cabbage, tomatoes and Brussels sprouts

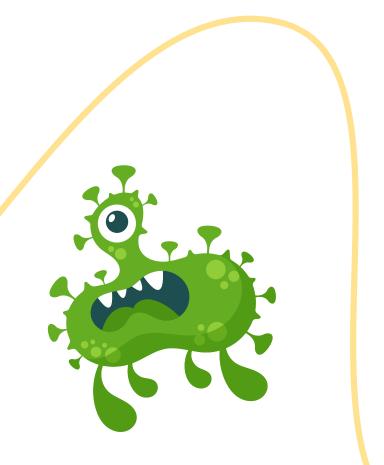
Spices: Turmeric, ginger and red pepper flakes Beverages: Green tea, coffee and red wine Other: Dark chocolate, soy products and peanuts

# Omega-3 fatty acids $\checkmark$



Fatty fish: Salmon, tuna, mackerel, sardines, anchovies and herring Nuts and seeds

# May Cause Dysbiosis



Sugary foods and drinks Artificial sweeteners Alcohol Excessive caffeine High-fat processed meats Fried foods High-sodium foods Ultra-processed foods

