



Dietary fibre

Dietary fiber is the indigestible portion of plants, it passes through the digestive tract largely unchanged while offering numerous health benefits, particularly in maintaining gut health.

Fibre type	Examples	Benefits
Soluble fibre	Oats, seeds, psyllium husk, lentil and legumes, barley and flesh of vegetables and fruit	Absorbs water, slows digestion and softens bowel movements
Insoluble fibre	Wholegrain cereals and grains, wheat and rice bran, nuts and fruit and vegetable skins	Adds bulk and helps bowels move
Resistant starch	Lightly ripe banana, cooked and cooled pasta, rice or potato, chickpeas, freekeh and products with added Hi-Maize or Barley+	Feeds the good gut bacteria keeping your bowel lining healthy

Fibre also reduces the risk of diverticular disease, haemorrhoids and bowel cancer. Other health benefits of fibre include: reducing cholesterol, keeping you feeling full and reducing the chance of developing type 2 diabetes and heart disease.



Tips to gradually increase fibre:

- Increase fluid intake
- Keep vegetable peels on
- Substitute half of the portion of meat with lentils
- Snack on vegetables with dip, fruit with nut butters, nuts and seeds



Probiotics

Live bacteria. Aim to include probiotic foods daily in your diet e.g. yoghurt, kefir, sauerkraut

Prebiotics

Food for the bacteria. Aim to eat a wide variety of plant foods. Try...

- A new fruit, vegetable and wholegrain cerea every week
- Use different herbs for cooking - fresh or dried
- Use mixed beans and legumes in soups, salads and stews
- Add frozen fruit to smoothies
- Swap meat for tofu, lentils or chickpeas once a week
- Add mixed nuts and seeds to your breakfast
- Choose mixed unsalted nuts for a snack (dry roasted taste great)



Diet is not the only thing that affects your gut

Exercise

- Can stimulate gut muscles to prevent constipation
- Aim for at least 30 minutes daily

Manage stress

- Chronic stress can lead to inflammation and gut issues like diarrhoea and constipation
- Schedule self care time and activities, try meditation or seek a professional's help

Sleep: "rest and digest"

- Sleep is essential for overall health including hormone regulation
- Look up sleep hygiene online for tips

*NOTE if you have irritable bowel syndrome, diverticulitis or other gut conditions you may need to modify to suit your individual needs - if in doubt refer to a dietitian



Did you know

Your gut health influences how you feel both physically and mentally through pathways like the gut-brain axis.



Another important nutrient for the brain...

Omega 3 Fats

- Important for brain function and memory
- Reduce your risk of heart disease, diabetes and arthritis
- Food sources: salmon, tuna, sardines, mackerel, shellfish, flaxseed, walnuts and soybeans
- Aim for at least two serves of fish a week

