

# BE GOOD TO YOUR GUT



Include fiber from a variety of sources: whole grains, beans and lentils, vegetables, fruits, and nuts and seeds. Fiber can improve the functioning of the GI tract, and also promote beneficial bacteria.



Eat a variety of foods and food groups for a wide range of vitamins, minerals, and nutrients.



Approach foods high in added sugars, salt, and saturated fat with mindfulness, as they may be lacking in beneficial nutrients.



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## part II



Drink your water! Water can help things move along comfortably, and absorb nutrients.



Consider including fermented foods like yogurt, sauerkraut, kombucha, and tempeh to help promote beneficial bacteria.



Incorporate movement to stimulate the muscles of the digestive tract and support a healthy microbiome.



Prioritize sleep and manage stress to positively impact well-being.

