

# Your Gut Health: A Garden Inside You



## What is the Gut Microbiome?

Your gut has millions of tiny helpers called microorganisms, including good bacteria. Together, they're known as the gut microbiome. Think of it like a garden inside your body that helps keep you healthy.

## Why a Healthy Gut Microbiome Matters

This gut garden helps you digest food, fight off sickness, and can even affect your mood. Keeping it balanced is important for your overall health - especially if you have issues with constipation, diarrhea, irregular bowel movements, irritable bowel syndrome, or inflammatory bowel disease.

## How to Take Care of Your Gut Garden



### Prebiotics (Fiber): Soil for Your Gut Garden

- Prebiotics are fiber that help your good bacteria grow. They are like healthy soil for your garden.
- Examples: apples, bananas, carrots, broccoli, oats, brown rice, almonds, black beans, whole wheat bread, and sweet potatoes.



### Probiotics (Bacteria): Seeds of a Healthy Gut

- Probiotics are good bacteria. But buying them in stores hasn't been shown to help yet - we don't know how many bacteria to give you, which ones, and how to keep them alive in the gut.
- The best way to put healthy bacteria in your gut currently is by eating fiber and fermented foods.



### Postbiotics (Fermented Foods): Fertilizer

- Fermented foods are made when bacteria change the food. This process can make it easier for other good bacteria to grow in your gut.
- Examples: yogurt, kefir, sauerkraut, kimchi, miso, tempeh, pickles, sourdough, and kombucha.



### Water: Hydration for Your Gut Garden

- Just like a garden needs water, your gut needs plenty of hydration. Drinking enough water helps fiber do its job, keeping everything moving smoothly.
- Try drinking only water - replace sodas, energy drinks, and other flavored beverages with water.

