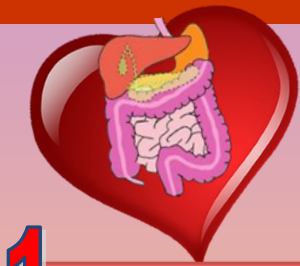


## LOVE YOUR GUT

Follow these simple steps to improve your digestive health!



### 1 Include foods rich in fibre

- Fibre can be found in fresh fruits, vegetables, cereals, nuts, beans and whole grain breads.
- Prebiotics also can be found in certain foods which is high in fibre

### 2 Select lean meats

- Lean meats contain less fat and are easier to digest.

### 3 Reduce intake of fried, fattening foods

- Oily foods are more difficult to digest.



### 4 Consume fish at least 1 time a day

- Fish contain omega-3 fatty acids that can improve the digestive system by reducing inflammation and restoring balance.

### 5 Drink plenty of fluids

- Fluids are needed to prevent constipation and ease digestion of foods. So, make sure have at least 8 glasses of water daily.



### 6 Reduce alcohol & caffeine consumption

- Alcohol and caffeine can aggravate existing digestive symptoms.

### 7 Consume probiotics

- Drink cultured milk with live good bacteria to improve your intestinal health.

### 8 Have smaller, more frequent meals

- To achieve optimal digestion, opt for 4 to 5 small meals a day without increasing overall calorie intake

### 9 Do not rush

- Eat slowly and chew properly to encourage a "full" feeling, which prevents overeating that can upset the digestive tract.

### 10 Exercise regularly

- Maintain an active lifestyle.

### 11 Maintain a healthy body weight

- An unhealthy body mass index (BMI) may negatively impact your overall digestive health.

### 12 Do not smoke

- Smoking harms our digestive system and contribute to problems such as heartburn.

### 13 Rest well

- Get at least 8 hours of sleep a day.



Adapted from World Gastroenterology Organisation's recommendations to Improve Digestive Health.

Online resource: World Gastroenterology Organisation— [www.wgo.org](http://www.wgo.org)