A BETTER ME
A MORE POSITIVE

HEALTH AND WELLBEING CHECKLIST

Date

27 Improving Gut Health

A healthy gut supports digestion, immunity, and overall well-being. Use this checklist to improve your gut health.

Eat Fibre-Rich Foods

- ○ Include fruits, vegetables, whole grains, and legumes in your diet.
- ○ Example: Add chia seeds or oats to your breakfast.

Incorporate Probiotics

- ○ Consume foods rich in beneficial bacteria.
- ○ Example: yoghurt, kefir, sauerkraut, or kimchi.

Add Prebiotic Foods

- ○ Feed your gut bacteria with prebiotic-rich foods like bananas, onions, and garlic.
- ○ Stay Hydrated

Drink plenty of water to support digestion and nutrient absorption.

- ○ Limit Processed Foods
- ○ Avoid overly processed snacks, sugary drinks, and fried foods.

Chew Food Thoroughly

- ○ Chew each bite well to ease digestion.
- ○ Tip: Aim for 20-30 chews per mouthful.

Reduce Stress Levels

- ○ Practice relaxation techniques like meditation or yoga to lower stress-related gut issues.
- ○ Exercise Regularly

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Stay active to promote gut motility and overall health.

- ○ Example: 30 minutes of walking or yoga daily.
- ○ Limit Antibiotic Use

Only take antibiotics when necessary and as prescribed by your doctor.

- ○ Get Enough Sleep
- ○ Aim for 7-9 hours of quality sleep to allow your gut to repair and function optimally.

Track Gut Symptoms

- ○ Monitor how different foods affect your digestion to identify triggers.

CLICK HERE FOR MORE!

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