

Here are some tips to help you optimise your digestive health each day

1. Chew your food well.



**2. Relax when you eat.
Leave your desk.**



3. Minimise sugar and processed starch.



10. Get your recommended fibre intake each day (30g for adults) with whole foods such as oats, lentils, brown rice and vegetables.



10 Steps

to a

Healthy
Digestion



4. Avoid additives, preservatives and other irritants (even coffee).



9. Add probiotics to your diet to top up your beneficial gut flora: kimchi, sauerkraut, kefir, kombucha, miso, yogurt.



5. Leave at least 2 hours between your evening meal and bed time.



8. Include plenty of prebiotic foods to feed your gut bacteria. These include garlic, leeks, Jerusalem artichokes and onions.



7. Drink 2 litres of water a day (best away from food)



6. Keep a food and symptom diary to track potential food sensitivities.

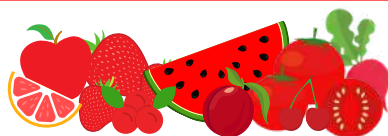


Eat the rainbow!

It is now widely understood that including a variety of colourful fruit and vegetables within our daily diet is beneficial to overall health. The colourful pigments, known as phytochemicals, confer a wide range of benefits and support diversity within the gut microbiome.

RED/PINK

Lycopene may reduce blood pressure and cholesterol and protect against prostate and breast cancers.



MON	TUE	WED	THURS	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Apples • Cranberries • Cherries • Grapefruit (red) • Grapes • Goji Berries • Peppers (red)
Plums (red) • Pomegranates • Radishes • Redcurrants • Raspberries • Rhubarb
Strawberries • Tomatoes • Watermelon

ORANGE

Beta-carotene is converted to vitamin A in the body. Helps keep our skin and eyes healthy, supports the immune system.



MON	TUE	WED	THURS	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Apricots • Carrots • Mango • Canteloupe • Nectarines • Oranges • Papaya • Passion Fruit
Peaches • Orange Pepper • Pumpkin • Squash • Sweet Potatoes • Tangerines • Turmeric Root

YELLOW

Carotenoids help protect cells and DNA from environmental damage. May also help to prevent age related eye conditions.



MON	TUE	WED	THURS	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Apples • Bananas • Courgette • Grapefruit • Ginger Root • Lemons • Honeydew
Passion Fruit • Yellow Peppers • Pineapple • Pomelo • Starfruit • Sweetcorn • Tomatoes

GREEN

Vits B, C, E and K, magnesium and calcium. Also help balance hormones and may reduce cancer risk.



MON	TUE	WED	THURS	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Apples • Artichokes • Asparagus • Avocado • Broccoli • Broad Beans • Cabbage
Celery • Courgette • Cucumbers • Green Grapes • Herbs • Kale • Leeks • Limes • Okra

PURPLE

Anthocyanins can reduce blood pressure, lower bad cholesterol and protect against signs of ageing, including cognitive decline.



MON	TUE	WED	THURS	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Aubergines • Beetroot • Purple Beans • Blueberries • Blackberries • Red Cabbage • Radicchio
Purple Carrots • Elderberry • Figs • Olives • Red Grapes • Purple Kale • Purple Potatoes • Onions

WHITE

Supports immunity, feeds beneficial bacteria in your gut and supports cardiovascular health.



MON	TUE	WED	THURS	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Artichokes • Asian Pears • Cauliflower • Celeriac • Coconut • Garlic • Lychees • Onions
Sauerkraut • Shallots • Turnips • Whitecurrants

BROWN

Whole unrefined foods rich in vitamins, minerals, phytonutrients, fats and fibre.



MON	TUE	WED	THURS	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Beans • Brown Rice • Cocoa • Dates • Mushrooms • Nuts • Pulses • Seeds • Wholegrains