

# SUPPORTING YOUR GUT HEALTH



Your gut health impacts your immune system, your mental health and your overall well-being. When you have a healthy gut, your gastrointestinal tract has a good balance of gut bacteria and is able to properly digest and absorb nutrients. But when there is an imbalance in your gut bacteria, it may trigger unwanted gastrointestinal symptoms, like diarrhea, as well as mental health issues.

## HERE ARE 10 TIPS ON WHAT YOU CAN DO TO IMPROVE YOUR GUT HEALTH:

### 1. Exercise.

Physical activity gets your colon moving, which leads to more regular bowel movements. Exercise can also help manage irritable bowel symptoms.

### 2. Eat a healthy diet.

Consume mostly fresh, unprocessed and clean foods. Processed foods are broken down more easily into sugar, which can negatively impact your digestive health.

### 3. Eat smaller, more frequent meals to avoid overwhelming the GI tract.

### 4. Chew your food thoroughly – it can ease the digestive process.

### 5. Manage your stress levels.

Too much stress can impact your gut health. Yoga, meditation, therapy or even journaling have been shown to reduce stress and anxiety.

### 6. Take or eat probiotics.

Probiotics increase the amount of good bacteria in your gut. Yogurt, kefir, fresh sauerkraut and supplements are all good sources of probiotics.

### 7. Eat more fiber. Aim for 25 grams each day.

### 8. Drink plenty of water. Eight 8-ounce glasses a day is a good place to start.

### 9. Limit alcohol and caffeine.

Both are digestive stimulants and can disrupt the digestive process.

### 10. Talk to your doctor.

If you experience frequent diarrhea or constipation, you should consult with your physician.



For more information on improving your gut health, visit:  
[www.piedmont.org/living-real-change/10-tips-for-a-healthier-gut](http://www.piedmont.org/living-real-change/10-tips-for-a-healthier-gut)



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