

Go With Your Gut

Did you know that the human body is made up of more bacteria than cells, and that the intestines house the majority of this bacterium? Gut health is a strong factor in reaching optimal health and wellness, and sadly as many as 70% of North Americans have gut dysfunctions resulting in bloating, gas and a few more sinister outcomes:

- **POOR NUTRIENT ABSORPTION**—Without a healthy gut, your body cannot digest food properly which could result in malnutrition and deficiencies.
- **SLUGGISH METABOLISM**—Metabolism is regulated by your body's digestive system and a stressed gut can have a direct impact on weight gain.
- **COMPROMISED IMMUNE SYSTEM**—Up to 80% of your immune system is located in your gut. An unhealthy gut weakens ability to fight off infection and illness.
- **NEGATIVE EFFECT ON BRAIN HEALTH**—Some research suggests that our gut bacteria can have a significant impact on the way we think, feel and act.

No Guts No Glory!

What can you do to improve gut health?

CONSUME PROBIOTICS

Probiotics are live bacteria and yeasts that help restore intestinal balance and promote overall health. Repopulating the intestinal wall with beneficial bacteria found in fermented food products is the best thing you can do for your health. Trust your gut and reach for the following probiotic foods:

- Fermented foods such as yogurt, miso, tempe, kimchi, sauerkraut and sourdough bread
- Fermented drinks such as kombucha, kefir, quinoa rejuvelac, and beet kavas
- A probiotic supplement if foods are not available

CONSUME PREBIOTICS

Fermentable, non-digestible fibers known as prebiotics, feed beneficial gut bacteria (probiotics) allowing them to flourish. Help your gut garden grow by consuming prebiotic-containing foods each day including:

- Sweet potatoes and yams
- Pulses
- Jerusalem artichokes
- Onions and garlic
- Dandelion greens
- Asparagus

KEEP MOVING

Along with toning your muscles, physical activity strengthens the walls of your colon, helps to speed up digestion and stimulates the muscles of your GI tract. Exercise also aids in eliminating waste and preventing an overgrowth of bad bacteria. Aim for 30 minutes of sweat-inducing exercise each day to keep you and your digestive system moving.

Share your favourite pre and probiotic foods on social media #TriFitNutrition



March is Nutrition Month!

Take a 100 Meal Journey and make small changes one meal at a time. Visit www.dietitians.ca for great recipes and resources. Download supporting Apps: www.cookspiration.com for recipes, www.eatracker.ca to track your intake and www.eatipster.com to receive daily nutrition tips

Sources:

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