

## SUPPORTING GUT HEALTH WITH LIFESTYLE CHANGES

### TAKE A POSITIVE APPROACH

Each of us has our own unique composition of gut microbiota that can be influenced by various external factors. While we cannot control factors like genetics or aging, we can make positive changes to lifestyle factors to help support gut health.<sup>1</sup>

#### EAT MORE PLANTS

One of the easiest ways to support gut health is by making healthy food choices. Eat a variety of fiber-rich eating pattern which includes of a variety of fruits, vegetables, and fermented foods.

Eating 30 or more different plant foods a week has been shown to increase the diversity of our gut microbes, increased diversity is considered to be a marker of good gut health.<sup>2</sup>



#### MANAGE STRESS

When you're feeling stressed, do something that makes you feel good for at least 10 minutes per day.<sup>6</sup>

Try deep breathing exercises, meditate, write in a journal, make time for hobbies, read a book, listen to music, spend time with family or friends.



#### GET ADEQUATE SLEEP

Make an effort to consistently get 7-8 hours of sleep per night.

Research has shown that microbiome diversity was positively correlated with sleep efficiency, and total sleep time, and was negatively correlated with the sleep fragmentation.<sup>3</sup> Another study showed that partial sleep deprivation can alter the gut microbiome composition in as little as 48 hours.<sup>4</sup>



#### STAY HYDRATED

Aim for eight 8 oz glasses of water per day.

The amount of water you need each day to stay hydrated is dependent on how active you are and the climate you live in. One way to determine if you are getting enough water is to check the color of your urine in the bowl. Look for clear to light yellow color and no odor to know you're hydrated.<sup>7</sup>

Staying hydrated aids bowel function and helps your gut run efficiently.



#### EXERCISE REGULARLY

The Physical Activity Guidelines for Americans, suggest exercising 150 minutes per week.<sup>5</sup> You can reach this goal by being active for 30 minutes per day, 5 days per week.

Varying your activities will keep it interesting and help you stick to a routine.



#### CONSUME PROBIOTICS DAILY

Choosing probiotic foods can be a little tricky. While many foods contain live and active cultures, not all cultures are considered probiotic.

It is important to check product labels carefully, as not all products on the market that are labeled as 'probiotic' have documented health benefits.<sup>8,9</sup>



#### REFERENCES

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