


# What's **GUT** you?




Gut microbes are bacteria that live in our intestine to help break down food

This bacteria can have an effect on our body systems

brain function

obesity

inflammatory disease



How do you maintain a healthy gut? How do we maintain GOOD bacteria??



## Foods that disrupt the gut

### High-sugar diet

causes increased constipation & poorer gut function



### Processed foods

can cause colitis and metabolic disease



### Red Meat

encourages growth of bad bacteria



## Foods that promote growth of good gut bacteria

### Prebiotics

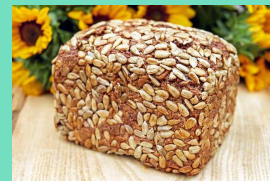
fruits, vegetables, legumes, and beans



### Whole grains

### Probiotics

fermented foods like kimchi and yogurt



Foods rich in polyphenols  
red wine and dark chocolate



#### Reference

Conlon, M., & Bird, A. (2014, December 24). The impact of diet and lifestyle on gut microbiota and human health. *Nutrients*, 7, 17-44. <http://dx.doi.org/10.3390/nu7010017>  
Love Bug Probiotics. (2017). 13 foods that are terrible for your gut. Retrieved from <https://www.lovebugprobiotics.com/blogs/digestive-health/13-foods-that-are-terrible-for-your-gut-health>