

DIGESTIVE HEALTH

Tips for optimising digestive health

- 1 EAT PREBIOTICS**
 Fermentable fibres like onions, garlic, spinach and asparagus
- 2 EAT PROBIOTICS**
 They help to promote and maintain beneficial bacteria in our gut
- 3 REDUCE OR AVOID PROCESSED FOODS**
 (For example sweets, fried foods, processed meat, packaged snacks)
- 4 EAT COLOURFUL NATURAL FOODS**
 As these are full of micronutrients and antioxidants that keep you healthy



TRY TO EAT FRUIT AND VEGETABLES OF EVERY COLOUR OF THE RAINBOW – EVERYDAY
 red / orange / yellow / green / blue / indigo / violet