WORKING FOR A HEALTHIER TN

GUT HEALTH

Understanding Your Body's Microbiome

The gut microbiome is an ecosystem of bacteria that live in your large intestine. It's important for your physical health and mental wellbeing.

Gut microbiome health is reflected in many processes in our bodies, including chronic inflammation and associated disease risks. Changes in your body's microbes are linked with many health problems including: diabetes, obesity, inflammatory bowel diseases, cancer, skin disorders and tooth decay.

Diet is the major driver that shapes a person's microbiome. Eat a healthy and diverse diet, and make sure it's rich in fiber. Limit types of foods that may harm your microbiome. These are foods high in carbohydrates, rich in sugar or that have too many artificial ingredients.

Anti-Inflammatory Foods:

Oily fish (tuna & salmon)
Fruits (blueberries, blackberries, strawberries & cherries)
Vegetables (kale, spinach & broccoli)
Beans
Nuts & seeds
Olives & olive oil
Fiber
Spices (ginger & turmeric)
Probiotics & prebiotics
Tea
Some herbs

Food for thought:

- No single food will boost a person's health. It's important to include a variety of healthful ingredients in your diet.
- Fresh, simple ingredients are best. Processing can change the nutritional content.
- Check the labels of premade foods. While cocoa can be a nutritious choice, for example, the products that contain cocoa often also contain sugar and fat.
- A colorful plate will provide a range of antioxidants and other nutrients. Be sure to vary the colors of your fruits and vegetables.

Resources:

- Your Body's Bugs
- Can Diet Help with Inflammation?
- Anti-Inflammatory Diet: What to Know
- Anti-Inflammatory Diet Do's and Don'ts
- Gut Check: What You Need to Know About the Microbiome and Nutrition