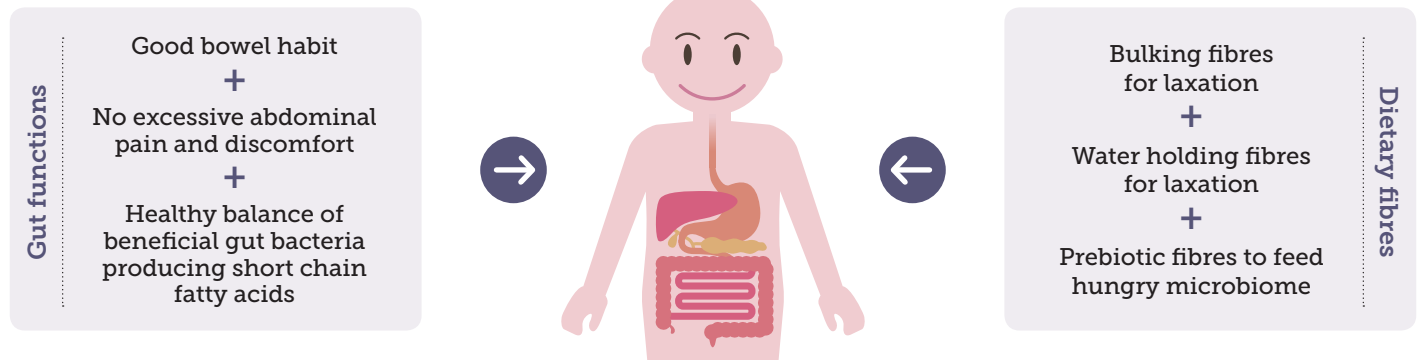


# The best diet for gut health

3 tips for dietary recommendations



## 1 Gut function of dietary fibres is most important



## 2 A variety of dietary fibres is necessary

**1**

**Make choices from each of these food groups**

1. Cereals & grains
2. Legumes (pulses)
3. Vegetables
4. Fruit
5. Nuts and seeds

**2** **Make prebiotic choices from each of the food groups every other day**

Rye bread or crispbreads  
High fibre breakfast cereals  
Barley

All types e.g. chickpeas, lentils, kidney beans, split peas, tofu, soy milk and other products

Green peas  
Onions/leek/garlic  
Sweetcorn  
Butternut pumpkin  
Beetroot  
Snowpeas

Ripe banana  
Nectarine  
Watermelon  
Dried fruit  
Grapefruit

Almonds  
Pistachios  
Cashews

**“** Foods contain varying amounts of different types of dietary fibre – some have more ‘prebiotic’ fibre than others. **”**

## 3 Balance is critical

**Good quality protein**

for ‘efficient’ nutrients – protein, iron, zinc, B12, omega-3

Red meat, fish, poultry and dairy foods

**Good quality carbohydrates**

for dietary fibres and prebiotics

Grains/cereals, legumes, vegetables, fruit, nuts and seeds

**“** Although most people are not eating enough natural food sources of prebiotic fibres, preliminary evidence suggests consumption of high amounts of prebiotic fibres (>12g/day) can cause gut discomfort. **”**

**Individualised**