



FIT 2 SHINE

GUT FRIENDLY

Food Ingredients



A healthy gut supports your digestion, immunity, mood, hormones and energy.

Feed it a variety of real, whole, **plant-rich foods** every day!

PREBIOTIC FOODS

Feed the good bacteria!

Prebiotics are fibre-rich foods that help the good bacteria in your gut thrive.

- ✓ Garlic
- ✓ Onions
- ✓ Leeks
- ✓ Asparagus
- ✓ Bananas (green)
- ✓ Oats
- ✓ Chicory Root
- ✓ Flaxseeds
- ✓ Chia Seeds
- ✓ Apples
- ✓ Pears
- ✓ Sweet Potato
- ✓ Beans & Lentils

PROBIOTIC FOODS

Add the good bacteria!

Probiotics are live cultures that support a healthy gut microbiome.

- ✓ Yoghurt (plain, unsweetened)
- ✓ Kefir
- ✓ Sauerkraut
- ✓ Kimchi
- ✓ Miso
- ✓ Tempeh
- ✓ Natto
- ✓ Kombucha
- ✓ Pickles
- ✓ Coconut Yoghurt

FIBRE-RICH FOODS

Keep things moving!

Fibre supports regular bowel movements and feeds your gut bacteria.

- ✓ Leafy Greens
- ✓ Broccoli
- ✓ Brussels Sprouts
- ✓ Carrots
- ✓ Beetroot
- ✓ Berries
- ✓ Quinoa
- ✓ Brown Rice
- ✓ Chickpeas
- ✓ Kidney Beans
- ✓ Lentils
- ✓ Pumpkin Seeds
- ✓ Sunflower Seeds

POLYPHENOL-RICH FOODS

Protect & repair!

Polyphenols are powerful plant compounds that reduce inflammation and support a healthy gut.

- ✓ Berries
- ✓ Green Tea
- ✓ Dark Chocolate (70%+ cocoa)
- ✓ Pomegranate
- ✓ Grapes
- ✓ Olive Oil (extra virgin)
- ✓ Turmeric
- ✓ Ginger
- ✓ Herbs & Spices
- ✓ Red Cabbage
- ✓ Green Leafy Veg

GUT HEALTH TIPS



STAY HYDRATED

Water helps digestion and supports a healthy gut lining.



EAT A RAINBOW

Different colours = different nutrients for your gut bacteria.



MANAGE STRESS

Stress can harm your gut. Breathe, move, rest and restore.



MOVE DAILY

Movement supports digestion, reduces bloating and boosts mood.