

# Eat for a healthy gut



Our gut or the gastrointestinal tract is home to 90% of your serotonin, a chemical neurotransmitter that affects your mood, appetite, sleep, memory, etc.

It also acts as a barrier that keeps viruses and harmful bacteria at bay. When you're stressed out, your digestive system may not work properly and may get inflamed. This, in turn, can impact your mood.

➤ For a healthy digestive system, incorporate gut-friendly foods in your daily diet, like natural yogurt, \*walnuts, \*almonds, oat bran and \*pumpkin seeds.

## ***Fermented foods***

***(yoghurt, kimchi, sauerkraut, kombucha) are rich in probiotic bacteria so by consuming fermented foods you are adding beneficial bacteria and enzymes to your overall intestinal flora, increasing the health of your gut microbiome and digestive system and enhancing the immune system.***



# Limit your salt intake

- ❑ The availability of fresh foods may decrease and it may therefore become necessary to rely more on canned, frozen or processed foods. Many of these foods contain high levels of salt.
- ❑ It is recommended to consume no more than 2-3 g of salt per day. In order to achieve this, prioritize foods with reduced or no added salt.
- ❑ You may also consider rinsing canned foods such as vegetables and beans, to remove some of the excess sodium.
- ❑ Be aware that pickled foods often contain high levels of sodium too. In many countries, 50–75% of the salt intake comes from the foods we eat, rather than what we add ourselves.
- ❑ Given that you might be consuming enough salt already, avoid adding extra salt when cooking and to your meals at the table.
- ❑ Be sure to read food/product labels before purchasing.

## ❖ *Flavour food with:*

### Herbs

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### Spices

- It can be used fresh or dry.
- Grow your own herb garden; buy plants at your supermarket or nursery and put each one in its own container in your windowsill in a sunny spot, water regularly and use cuttings in food.

- Add Flavor and Aroma. Spices can transform a meal by adding a range of flavors, from a hint of sweetness to a kick of heat. They also give beautiful aromas that are often our first determining factor for whether we want to eat a meal or not.

