

Dietitian Toolkit: Gut Health Month[®]

Help your clients optimise their gut health so they can feel better, from the inside out.



FEB
2022



INSIDE THIS TOOLKIT:

- *How you can get involved*
- *Links to free downloadable resources*
- *Calendar of professional development activities*

dietitianconnection.com/guthealthmonth



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dietitianconnection.



What is Gut Health Month®?

As a dietitian, you know the inner workings of the gut say a lot about a person's health and wellbeing – so it's time to get our patients comfortable with talking about poo!

Gut Health Month® is your opportunity to...

- Stand out as the **nutrition expert** in the gut health space
- Help your patients and clients **learn if their bowel habits are healthy**
- Teach your patients and clients **how nutrition impacts their gut health**
- Support your patients and clients with **managing their nutrition-related gut issues like constipation or bloating**
- **Be inspired by gut-loving recipes** that you can share with your patients



**Trouble on the loo?
Let's talk about poo.**

Website for consumers

Website for dietitians

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Get involved

Ideas for events and activities

Throughout Gut Health Month[®], we're giving you the professional development you need and want with a series of free educational webinars and podcasts. We've also got a suite of patient education materials for you to download and a special gut health issue of our digital magazine *Infuse* in the works. Plus, we've been working hard in the kitchen to bring you a delicious recipe e-book filled to the brim with gut-loving recipes. We can't wait to show you!

We'd love for you to get involved and spread the gut health message with your colleagues, patients, family and friends. Here's some examples to get your creative juices flowing:



Run a gut health challenge in your workplace

Set up a Gut Health Month[®] booth at your workplace with gut health information and products

Have a gut health trivia night with your colleagues

Develop your own gut-loving recipes and post them on social media

Create your own suite of gut health resources to use in your practice

Hang our Gut Health Month[®] poo chart on the back of toilet cubicle doors



Publish an article on gut health in your workplace's newsletter



Host a gut health workshop or cooking class for your clients or colleagues



Share your learnings from our webinars and podcasts in a creative way on social media



Make sure you share what you're doing far and wide – tag us **@dietitianconnection** and use the hashtag **#guthealthmonth**

Put up our Gut Health Month[®] flyers in your office

GUT
HEALTH
MONTH



dietitians Unite

MAY 20, 2022



Your chance to *WIN!*

The three most innovative promotions of Gut Health Month® will win a FREE ticket to Dietitians Unite on 20th May 2022.

There are also five \$50 gift cards up for grabs for the runners up.

To enter the competition, share your activities on social media with the hashtag #guthealthmonth and tag us @dietitianconnection. If you're not on social media, email us your photos with permission for us to re-share them on social media.

Competition closes 11.59pm 28th February 2022. Open to Australian and New Zealand dietitians only. Prize winners will be notified via email or social media and announced on Dietitian Connection email newsletter.

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Resources to support you

[CLICK HERE TO GET STARTED](#)

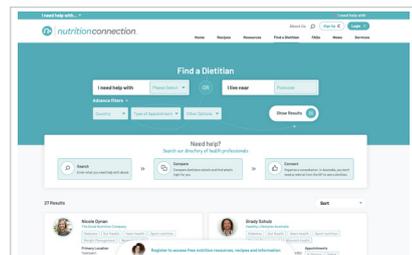
• Posters and flyers



• Social media tiles for you to share

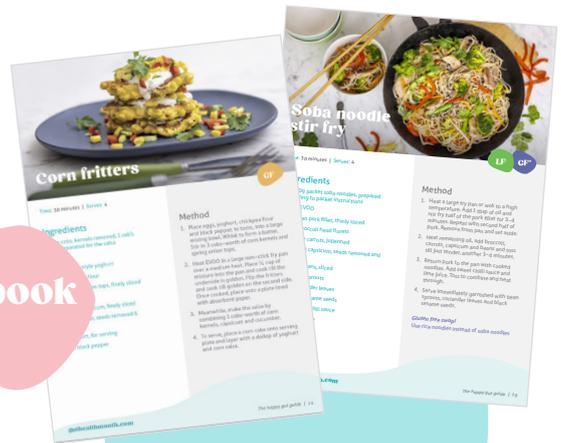


• Patient resources for you to share with your clients



[VISIT SITE](#)

A dedicated space on our consumer facing platform, **Nutrition Connection**, to help clients in your area find you via our 'Find a Dietitian' service. Register your details today



e-book

[DOWNLOAD HERE](#)

We've been working hard in the kitchen to bring you a delicious recipe e-book filled to the brim with gut-loving recipes

Infuse magazine

A special gut health issue of our digital magazine Infuse

[READ HERE](#)

Free gut health webinar series



Is it lactose,
or something else?

FREE WEBINAR

with
Dr Joanna McMillan

Wednesday 2nd February,
12:30 – 1:30pm (Syd/Melb time)

Supported by Investigate
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[CLICK HERE TO REGISTER](#)



Why our guts love
whole grains!

FREE WEBINAR

with
Dr Tim Crowe

Wednesday 9th February,
12:30 – 1:30pm (Syd/Melb time)

Supported by 100% Natural

[CLICK HERE TO REGISTER](#)



Partially hydrolysed guar
gum and gut health:
the latest evidence

FREE WEBINAR

with
Dr Jerry Zhou

Wednesday 16th February,
12:30 – 1:30pm (Syd/Melb time)

Supported by

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The latest on
pre- and probiotics
in gut health

FREE WEBINAR

with
Dr Jason Havrelak

Tuesday 22nd February,
12:30 – 1:30pm (Syd/Melb time)

Supported by

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Free gut health *podcast series*

Beyond fibre, fluid and fitness: managing constipation with 'biotics'

with **Sandra Mikhail**

the DIETITIAN CONNECTION Podcast

with Sandra Mikhail



Prebiotics and gut health: what's the evidence?

with **Joanna Baker**

the DIETITIAN CONNECTION Podcast

with Joanna Baker



Is lactose always to blame for digestive discomfort after consuming dairy?

with **Andrea Hardy**

the DIETITIAN CONNECTION Podcast

with Andrea Hardy



Translating probiotic science into practice

with **Nicole Dynan**

the DIETITIAN CONNECTION Podcast

with Nicole Dynan



Probiotics: clarifying fact from fiction

with **Jaime Rose Chambers**

the DIETITIAN CONNECTION Podcast

with Jaime Rose Chambers



Fibre, prebiotics and the gluten free diet: what, why and how

with **Kim Faulkner-Hogg**

the DIETITIAN CONNECTION Podcast

with Kim Faulkner-Hogg



Probiotic powerhouses: the latest evidence and interventions

with **Dr Joanna McMillan**

the DIETITIAN CONNECTION Podcast

with Dr Joanna McMillan



Prebiotics: A deep dive into inulin and the science around supporting gut health

with **Dr Flavia Fayet-Moore**

the DIETITIAN CONNECTION Podcast

with Dr Flavia Fayet-Moore





Snapshot of professional development activities

February, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Podcast series released </p> <p>Constipation </p>	<p>2</p> <p>Infuse - gut health special edition </p> <p>Is it lactose, or something else? </p>	3	4
<p>7</p> <p>Is it lactose, or something else? </p>	8	<p>9</p> <p>Why our guts love wholegrains! </p>	10	11
<p>14</p> <p>Whole grain fibre: your gut-loving friend </p>	15	<p>16</p> <p>Partially hydrolysed guar gum and gut health: the latest evidence </p>	17	18
<p>21</p> <p>Prebiotic fibre and gut health </p>	<p>22</p> <p>The latest on pre and probiotics in gut health </p>	23	24	25



Webinar



Podcast



Magazine



Patient Resource

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