

# PREBIOTIC FIBRE AND GUT HEALTH



## What is gut health?

- The gut plays an important role in breaking down food and absorbing nutrients, which helps your body function at its best.
- Your gut microbiome is comprised of trillions of bacteria and microorganisms living in your digestive system. A healthy microbiome is one that has many different kinds of bacteria and high levels of 'good' bacteria, like lactobacillus and bifidobacteria.
- The foundations of good gut health are:
  1. A healthy diet that includes plenty of plant foods and fibre
  2. An active lifestyle
- Gut health can be compromised by factors like poor eating habits, illness, certain medications or stress. Poor gut health may be characterised by digestive issues like abdominal pain, bloating, loose stools, constipation and diarrhoea.

## What is fibre?

- Fibre is the component of plant foods that cannot be digested. It is found in whole grains, fruit, vegetables, legumes, nuts and seeds. It is important to eat a variety of plant foods to get enough fibre in your diet.
- Consuming enough fibre is essential for digestive health. It keeps your bowels regular and can help manage constipation.
- High-fibre meals and snacks can help you feel full and satisfied.
- There are many different types of fibre, each of which offer different health benefits.

## What is prebiotic fibre?

Not all fibres are prebiotic. **Prebiotics** are a special type of fibre that act as food for the good bacteria living in your gut. They are an essential component of a healthy diet.

Foods naturally high in prebiotics include:

- ✓ Legumes, such as chickpeas, lentils, peas, black beans and baked beans
- ✓ Fruits including nectarines, white peaches, grapefruit and under-ripe bananas
- ✓ Vegetables including Jerusalem artichokes, chicory, brussels sprouts, garlic and onion
- ✓ Grain, such as barley, rye bread, pasta, couscous and oats

*If you're unable to consume enough prebiotic-rich foods, speak to your dietitian about using a prebiotic nutritional supplement.*



## Partially Hydrolysed Guar Gum (PHGG)

PHGG is a natural, prebiotic dietary fibre produced from plant seeds called guar beans. It is taste-free, odourless and completely dissolves in liquid<sup>1</sup>. When added to foods and drinks like smoothies, bliss balls and homemade muffins, PHGG supports digestive health by:

- ✓ Improving stool bulk<sup>2</sup>
- ✓ Helping to normalise stool consistency<sup>2</sup>
- ✓ Supporting regular bowel movements<sup>2</sup>
- ✓ Helping to manage flatulence, bloating and abdominal discomfort in people with irritable bowel syndrome<sup>3</sup>