

# Take the 7-day gut health challenge!

Your gut and brain communicate with each other through the 'gut-brain axis'. What you eat affects this communication pathway and your mental wellbeing. When your gut is happy, it sends positive vibes to your brain.

Take our 7-day challenge to feel the difference to your mood.

DAY 1

## Switch to whole grains

Opt for:

- whole grain or prebiotic-enriched bread instead of white bread
- brown rice instead of white rice
- whole grain or higher fibre breakfast cereals instead of low-fibre cereals



DAY 2

## Add legumes to a meal

Try adding legumes such as beans, chickpeas or lentils to your favourite family meals like spaghetti bolognese, tacos and curries.



## Include probiotics daily

Probiotics are the beneficial live microbes in certain foods (such as probiotic yoghurt) and supplements, and may be helpful in supporting digestive health and wellbeing. Foods and supplements with science-backed probiotics should state on the label the name of the probiotic strain, the amount of probiotics in each serve and the associated health benefits.

DAY 3

## Manage stress

Keep stress levels in check with regular exercise and self-care (things you enjoy), and practice mindful eating. Gut-directed hypnotherapy has been shown to help reduce symptoms in people with irritable bowel syndrome (IBS).

DAY 4



Challenge continues overleaf >

## Up your fibre intake

Most Aussies don't get enough gut-loving fibre. Meeting your daily target (25g for women, 30g for men) looks like: **½ cup porridge or high-fibre cereal + 2 slices whole grain bread + ½ cup legumes + 2 pieces of fruit + 5 serves of vegetables every day.** Drink at least 8-10 glasses of water to prevent constipation. If you're struggling to meet your daily fibre target, a fibre supplement may be helpful. Speak to your doctor or an Accredited Practising Dietitian (APD) for further advice.

DAY 5



DAY 6



## Try a new fruit or vegetable

Variety is key for a happy gut. Eating a rainbow of colourful fruit and vegetables will help you get the different types of gut-loving fibre.

**One serve = 1 cup of raw vegetables e.g. lettuce, tomato or carrot OR = ½ cup cooked vegetables e.g. pumpkin, zucchini or mushrooms**



DAY 7



## Make a healthy snack swap

Swap a sweet muffin for a slice of whole grain or prebiotic-enriched bread with nut butter; potato crisps for your favourite nuts; and a milky coffee for probiotic yoghurt and berries. Other gut-friendly snacks include fresh fruit, plain popcorn, and hummus and vegie sticks.

## Connect with a dietitian

This is just a starting point. For the best shot at pinpointing the cause of and solution to your unique gut health concerns, speak to your doctor and see an Accredited Practising Dietitian.

Visit [guthealthmonth.com](https://www.guthealthmonth.com) to find a dietitian near you.

Access more dietitian-approved resources + recipes at [guthealthmonth.com](https://www.guthealthmonth.com)

