



# Improve Digestion

## CHALLENGE

Practice healthy habits to improve gut health

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Improve Digestion."
2. Practice healthy habits to improve gut health.
3. Keep a record of your completed health challenge in case your organization requires



### When do we eat?

It's a question the comic-book detective Dick Tracy gets asked incessantly by his unlikely sidekick... The Kid.

The Kid is ravenous. And they hit Mike's Diner as often as possible in between car chases, crime bosses, and old-school gangsters.

The Kid gulps down soda. He shovels in three-bean chili.

He eats mountains of ice-cream sundaes loaded with toppings. And he'll try anything else on the menu that fits the description of salty, savoury, and sweet.

But if you're eating like The Kid and loading up like every meal might be your last, your gut might have a few things to say about that.

## QUIZ: Give Yourself a Gut Check

How much do you know about your eating habits and digestion?



### T F

1.   The average adult eats about 2,000 pounds of food a year.
2.   Fiber is a natural laxative and aids in digestion.
3.   Your mouth makes about 2 cups of saliva a day to help digest food.
4.   Drinking water does not help your body digest and break down food.
5.   It takes about 12 to 24 hours to digest an average meal.

How did you do? (Answers below). Your mouth makes about 6 cups of saliva a day to help digest food. Drinking water does help break down food and aid in digestion. Your food choices and eating habits can have a big impact on digestion and your health. In some cases, you may need to avoid certain foods or see a doctor for help with digestive problems.

Answers: 1. True, 2. True, 3. True, 4. False, 5. True.

You know, like...Burp! Belch! Gurgle! Blah!

If you're eating too much too often, or not eating enough healthy foods, chances are pretty good your gut might not always agree with your food choices.

Chowing down on the wrong foods can lead to stomach aches, heartburn, health problems, and a lot of time in the bathroom. Been there, done that?

If you've ever experienced digestion issues or poor gut health, you probably know the feeling. And it doesn't have to be that way. Healthy eating and lifestyle habits can improve digestion and your health.

Take the month-long challenge to Improve Digestion.

7 foods to supercharge your gut bacteria  
<http://tinyurl.com/obx3j7y>