

Chew on THIS for Better Health

Eat food. Digest it. Absorb the nutrients. Makes sense, right?

But are you eating foods high in nutrients? Or does your typical meal plan include pizza, burgers, fries, soda, and desserts?

What you eat can have a big impact on digestion and your overall health.

Did you know?... There are at least 1,000 kinds of microbes in your gut. As a group, they are called microbiota, or forms of bacteria. (You may know it by the term “gut flora.”). A healthy gut and good digestion can help prevent...¹

- Obesity
- Diabetes
- Certain types of cancer
- Inflammation
- Heart disease
- And other health problems

6 Healthy-Gut Habits to Improve Digestion

Want to prevent feeling bloated, sick to your stomach, and improve your health? It's not just about what you eat. Other lifestyle factors like stress, smoking, lack of exercise, being overweight, and gut-related diseases can impact your gut and overall health.

Here are 6 things you can do to improve digestion:

1 Don't smoke
Research shows that smoking prevents some forms of good bacteria your gut needs to promote health.²

If you smoke, quit. Try a mobile app, tobacco cessation product, or ask your doctor for help to quit smoking. If you don't smoke, don't start.

2 Manage stress in healthy ways
When you're stressed out, your gut isn't happy. In fact, studies show that stress can interfere with digestion.³ It can even lead to serious gut-health diseases, heartburn, and other problems.

Need to reduce stress? Practice deep breathing. Try yoga or meditation. Go for a walk. Talk to a friend or counselor. Do something you enjoy.

3 Maintain a healthy weight
Or lose weight if you need to. It's almost a chicken or the egg scenario. Being overweight can lead to gut-health problems. And gut-health problems can contribute to obesity.⁴

If you need to lose weight, improve your diet and be more active. If you're already at a healthy weight, keep it that way.

Keep your gut in check
<https://tinyurl.com/wpfwun6t>



4 Be more active
Health experts recommend getting 30 to 60 minutes of physical activity most days of the week.

Walk, jog, bike, or hit the gym. It's a great way to burn extra calories. And it helps strengthen your heart, lungs and muscles.

Research shows regular exercise also helps improve the microbiota in your gut.⁵

5 Avoid or limit red meat
Research shows that eating red meat is linked to diabetes, heart disease, certain types of cancer, and age-related memory loss. It can also damage the large intestine and cause cramps, diarrhea, and constipation.⁶

6 Eat a variety of healthy foods
Eat fruits, vegetables, and whole grain. They're high in fiber, vitamins, and nutrients that support gut health and digestion.⁷

Try foods like oatmeal, whole-grain cereal, berries, quinoa, onions, Greek yogurt, legumes, bananas, and leafy greens.

Hungry for better health? Start by making smart choices about your diet and lifestyle to improve digestion and gut health. prevent weight gain.⁵ Just don't overdo it. Some dried fruits contain as many calories as a candy bar (250 calories), and one banana contains about 100 calories.

Feed your gut for better health
<https://tinyurl.com/53x5bvcd>

References

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