

Gut Health

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Improve and maintain a healthy gut with food packed full of live cultures and fibre

The human body is home to a thriving community of 100 trillion bacteria, most of which live in our large intestine and in totality is known as our gut microbiome. Our gut microbiome is completely unique to us and plays an important role in all systems of the body, including digestion.

There are several different foods linked to improved gut health including foods containing live cultures such as yoghurts and fermented foods like kimchi and kombucha.

Fibre is a key nutrient associated with improving and maintaining a healthy gut. Did you know the recommended daily intake of fibre is 30g, but most of us only achieve 18g? Choosing wholegrain food and increasing your fruit and vegetable intake can all contribute to your fibre intake.

Look out for products in the Eat Well range to find foods developed to be good for digestive health.