

# Supporting Your Gut: The 3 Ps

## A Healthy Gut Supports Your Overall Health

Your gut contains trillions of bacteria that impact your health. A healthy gut is essential for your digestion, metabolism and a healthy immune system. Good bacteria in your gut can help lower inflammation, lower your risk of disease, and may improve your mood.

Digestion works best when your body and mind are relaxed. A diet rich in a variety of colorful plants is best for good digestion and healthy bacteria.

In times of high stress or illness eating more warm and well-cooked foods such as soup and stews can help you absorb nutrients and aid digestion.

**1** **Prebiotic foods.**  
Fiber-rich plant foods contain prebiotics that feed the healthy bacteria in your gut. Include foods such as onions, garlic, beans, lentils, asparagus and green bananas.

**2** **Probiotic foods.**  
Fermented foods add healthy bacteria to your gut. Include foods such as sauerkraut, miso, kombucha, yogurt, kimchi and sourdough bread.

**3** **Polyphenols (colorful foods).**  
Black, blue, purple and deep red foods all feed your gut bacteria. The deeper the colors the more rich in nutrients you get. Look for colorful versions of vegetables such as purple carrots, red cabbage and purple potatoes.

