



Gut Health Made Simple

Foods, Fiber, and Daily Habits That Support Better Digestion

Your gut does a lot more than digest food. It helps break down nutrients, supports your immune system, and plays a role in how your body feels day to day. The good news? Small, consistent choices can make a big difference.



Start with Fiber

Fiber is one of the most important nutrients for digestive health. It helps keep things moving, supports regularity, and acts as food for beneficial gut bacteria.

Research shows that dietary fiber and prebiotics can help nourish the gut microbiome and support the production of helpful compounds called short-chain fatty acids.

Easy fiber-rich foods to add:

- Oats
- Beans and lentils
- Apples and berries
- Ground flaxseed or chia seed
- Leafy greens
- Sweet potatoes
- Whole grains



Tip: Increase fiber slowly. Adding too much too fast can cause bloating or discomfort, especially if your body isn't used to it.



Probiotics vs. Prebiotics

These two terms sound similar, but they're not the same.



Probiotics — Live beneficial microorganisms found in certain fermented foods and supplements. They may help support the balance of bacteria in the gut.



Prebiotics — Fibers and plant compounds that help feed beneficial gut bacteria.

Think of it this way: **Probiotics are the good bacteria. Prebiotics are food for the good bacteria.**



Fermented Foods Can Help

Fermented foods are a simple way to bring more variety into your gut-supportive routine.



Yogurt

Kefir

Sauerkraut

Kimchi

Miso

Kombucha

Look for products with 'live cultures.'



**Real ingredients.
Real support.
Real community.**

Information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent disease. Always talk with your healthcare provider before starting a supplement, especially if you are pregnant, nursing, taking medication, or managing a medical condition.

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A Few Simple Gut Health Habits

Gut health is about more than one food or one supplement. The basics matter.

- ✓ Eat a variety of plants throughout the week
- ✓ Drink enough water
- ✓ Limit ultra-processed foods when possible
- ✓ Get regular movement
- ✓ Eat slowly and chew well
- ✓ Manage stress—your gut and brain are connected



What This Means for You

You don't need to overhaul your diet overnight. Start with one or two simple changes, such as adding berries to breakfast, swapping in beans a few times a week, or trying a fermented food you enjoy.



Probiotics vs. Prebiotics At a Glance

PROBIOTICS

Live beneficial microorganisms

Found in certain foods and supplements

Help support the balance of gut bacteria

PREBIOTICS

Types of fiber and plant compounds

Found in many plant-based foods

Help feed and nourish good bacteria

VS.

References

1. Holscher HD. Dietary fiber and prebiotics and the gastrointestinal microbiota. *Gut Microbes*. 2017;8(2):172-184.
2. Fu J, Bonder MJ, Cenit MC, et al. Dietary Fiber Intake and Gut Microbiota Composition in Human Health. *Microorganisms*. 2022;10(1):136.
3. NIH Office of Dietary Supplements. Probiotics: Health Professional Fact Sheet. Available at: <https://ods.od.nih.gov/factsheets/Probiotics-HealthProfessional/>



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