

DIET AND THE GUT: THE ESSENTIAL RELATIONSHIP FOR GOOD HEALTH

Few people are aware that diet directly affects their gut health and has a significant impact on state of mind and their overall health.

Improving our health through food is certainly not a new concept, but thanks to the emerging research on the human intestinal microbiota, scientists have begun to understand the key to gut health and how diet influences it.

DISCOVER MICROBIOTA

Did you know that 95% of your bacteria live in your gut?

100 TRILLION

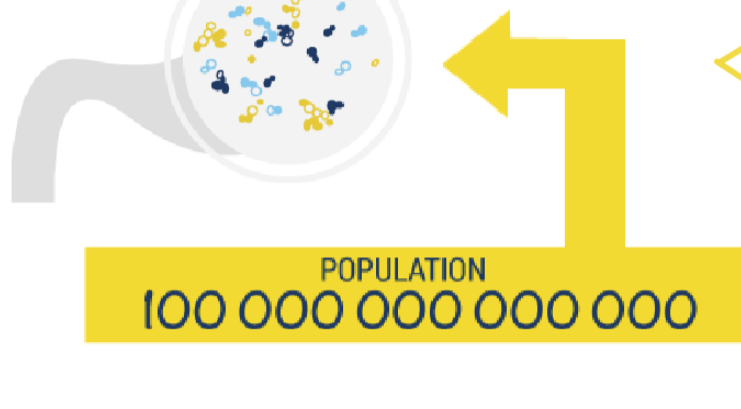
BACTERIA LIVE IN YOUR GUT

Your intestine is an incredible ecosystem: it harbours over

1000 different species of bacteria.



Intestinal microbiota acts like an additional body organ

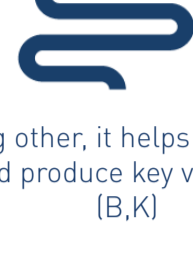


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Also known as "intestinal flora," gut microbiota is the ecological community of microorganisms living in our gut, acting together like an additional body organ.

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Helps promote a good digestive system and overall health



Among other, it helps digest food and produce key vitamins (B,K)

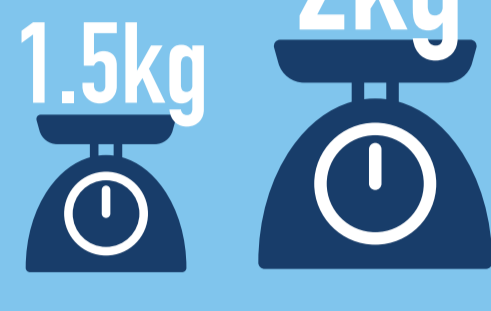
The development of gut microbiota

STARTS AT BIRTH and evolves through time.



Gut microbiota **WEIGHS**

between **1.5 to 2 kg.**



Gut microbiota is **influenced by our environment**, which includes the food we eat.



80 - 90%

Its composition is **unique** to each individual, just like our fingerprints. The microbiota of 2 people could be **80 - 90%** different.



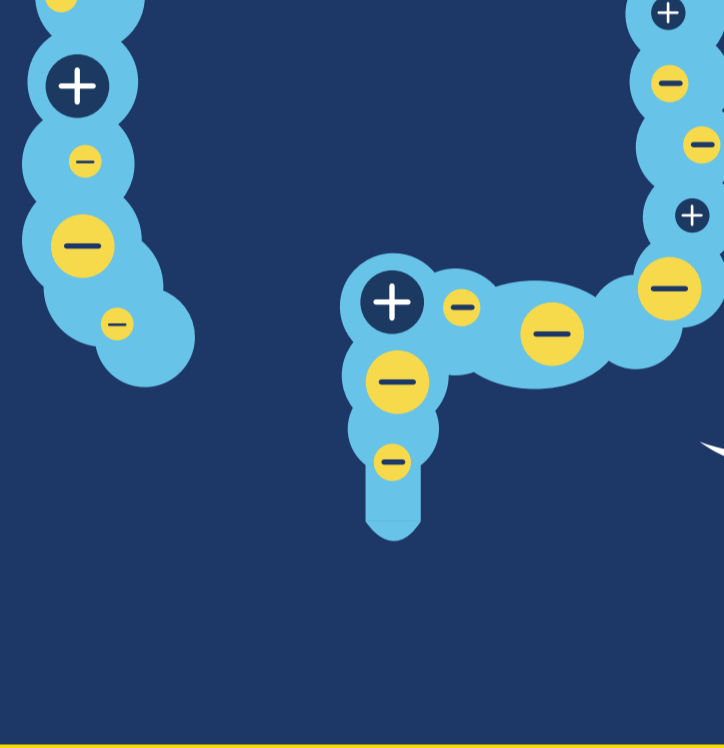
As scientists look for explanations for the roots of chronic disease as well as the connections between nutrition and health, the answer may be in your gut — and what you feed it.

POOR GUT HEALTH

can also impact mood, the immune system, and even contribute to tiredness or difficulties staying focused.



MOOD



IMMUNE SYSTEM



TIREDNESS

LINK BETWEEN GUT AND DIET

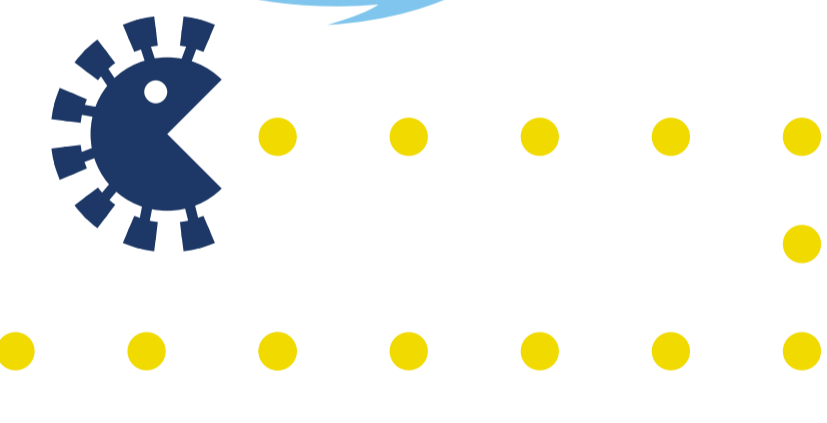
The influence of food and overall health

FOOD

plays a **vital role** in maintaining a healthy and diverse microbiota population and hence influence our overall well-being.



YUMMY!



SO...

when you eat, **hundreds of trillions of bacteria** in your gut eat with you.

The direct link between gut and diet is so strong that an **UNBALANCED** diet can create physical manifestations such as **GASTROINTESTINAL TROUBLES** among others.

It is important to feed your microbiota with the right ingredients to make it **GROW** and work **PROPERLY**.



Eating prebiotics and probiotics can help gut microbiota to be more effective in keeping you healthy.

PREBIOTICS = FOOD FOR YOUR GUT MICROBIOTA

Prebiotics are non-digestible food ingredients that help the development of the activity of beneficial bacteria.

They can be naturally present in:



ARTICHOKES

ASPARAGUS

BANANAS

RED BEANS

WHEAT

ALIUMS
garlic, leeks, onions

BRASSICAS
broccoli, cabbage, brussels, sprouts

*Illustrative examples

PROBIOTICS = LIVE BENEFICIAL BACTERIA

Probiotics are live bacteria that provide a benefit when consumed in adequate amounts. Their benefits need to be scientifically proven.

They can be found in fermented products such as:



FERMENTED DAIRY PRODUCTS
yogurt



FERMENTED SOY FOODS
tempeh and miso



FERMENTED VEGETABLES
sauerkraut, pickles and kimchi

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