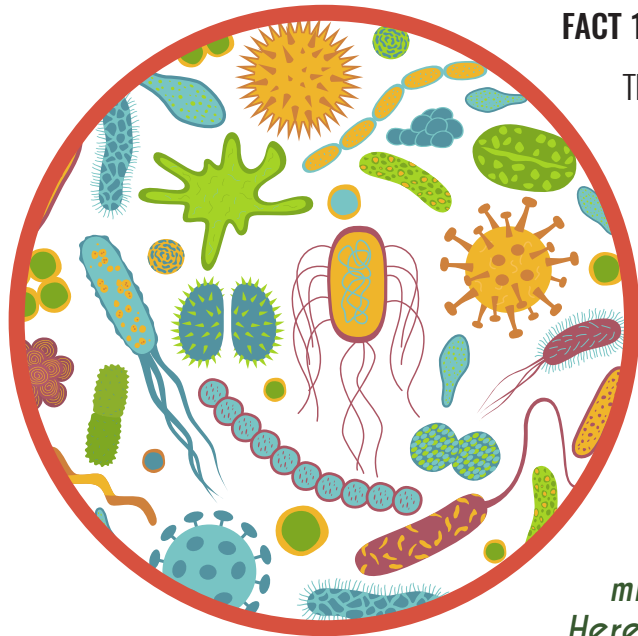


HOW TO BOOST YOUR MICROBIOME



FACT 1

The gut microbiome is a vast community of trillions of bacteria and fungi inhabit every nook and cranny of your gastrointestinal tract, and have a major influence on your metabolism, body weight, propensity to illness, immune system, appetite and mood.

FACT 2

The richer and more diverse the community of microbes is in your gut, the lower your risk of disease and allergies.

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So how can you increase the good bacteria in your body and give your microbiome a healthy boost? Here are some tips to get your gut going:
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INCREASE FIBRE INTAKE

Aim for **40g + per day**. Fibre intake has been shown to reduce heart disease and some cancers, as well as reduce weight gain.



PICK HIGH-FIBRE VEGETABLES

Good examples are **artichokes, leeks, onions and garlic**, which all contain high levels of inulin (a prebiotic fibre)

EAT A DIVERSITY OF FRUIT & VEG

The **variety** may be as important as the **quantities**, as the chemicals and types of fibre will vary, and each support different microbial species.



CHOOSE FOOD AND DRINKS WITH HIGH LEVELS OF POLYPHENOLS

Polyphenols are antioxidants that act as fuel for microbes. Examples are nuts, seeds, berries, olive oil, brassicas, coffee and tea – especially **green tea**.

AVOID SNACKING

- Also, try to increase intervals between meals to give your microbes a rest.
- Occasionally skip meals or have an extended fast – this seems to reduce weight gain.



EAT LIKE THE HADZA

The Hadza people of Tanzania have a gut microbiome diversity that is one of the richest on the planet and about 40 per cent higher than the average American and about 30 per cent higher than the average Brit. The average Hadza person eats around 600 species of plants and animals in a year and has huge seasonal variation. They have virtually none of the common Western diseases such as obesity, allergies, heart disease and cancer. In contrast, most Westerners have fewer than 50 species in their diet and are facing an epidemic of illness and obesity



VEGIES UNLIMITED

