



Five Tips to Improve Gut Health ...Gut Health

Aradhana Dixit*

Department of Food and Nutrition, India

***Corresponding Author:** Aradhana Dixit, Department of Food and Nutrition, India.

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There are millions of bacteria in our gut. Some are harmful but some are useful...How to improve these useful bacteria???

What are these bacteria??

These are good bacteria...

- *Bifidobacteria*: they live in intestine and break food we eat. They prevent constipation/diarrhea
- *E. coli*: They also help in digestion.

If they are so important in digestion...how to help them grow?

Tip 1. Include fruits/vegetables in diet: Eat colors. These foods can be:

- Peas
- Raspberries
- Beans
- Whole grains
- Apples contain *Bifidobacteria*, which also prevent inflammation of intestine.

Include fermented foods in diet: yeasts converts sugars into organic acid plus alcohols. Yogurt contains *lactobacillus bacteria*.

Tip 2...Include Prebiotics: It is dietary fiber. Friendly bacteria feed on them. Common foods rich in them are:

- Garlic
- Onion
- Barley
- Oats
- Apples
- Bananas

Tip 3...Don't rinse meat/poultry before cooking: Don't soak meat in salt water. Wash your hands after handling meat.

Tip 4... Go veggies: Plant based foods are beneficial to health. They:

- Decrease blood pressure
- Decrease cholesterol levels
- Decrease inflammation

Tip...5: Go Probiotics: They are available in the market in various forms. they are living bacterias and yeast...good for your digestive system.

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