

You Gut To Be Healthy

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Poor eating habits can prevent you from getting the nutrients you need to stay healthy, damaging and changing the composition of your gut microbiome and causing an inability for proper nutrient breakdown. A healthy microbiome is necessary to absorb digested nutrients and execute specific processes in the body.

What is the gut microbiome?

The gut microbiome refers to the microorganisms living in your intestines – these organisms include trillions of species of bacteria, viruses and fungi. A healthy microbiome has many diverse species of bacteria. Our gut microbiomes are crucial for digestive health. Diet is emerging as one of the leading influences on the health of our gut.

If your diet is high in processed foods and refined sugars and low in fibre-rich foods, it can skew the ratio of the gut microbiome. Poor gut health can lead to several health complications such as irregular bowel movements, skin conditions (eczema, psoriasis), autoimmune conditions, irritable bowel syndrome (IBS), and mental illnesses, including anxiety and depression.

What makes a robust microbiome?

Fibre is vital to maintaining a healthy gut. Dietary fibre is the best fuel for gut bacteria. When bacteria digest fibre, they produce compounds that nourish the gut barrier, improve immune function, and help prevent inflammation, which reduces cancer risk. Minimally processed fresh foods generally have more fibre.

Preparation of food

The way food is prepared matters. Healthy cooking methods include light steaming, sauté or eating food raw, which has more benefits than fried food.



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Polyphenols

Polyphenols are compounds found in food which serve as naturally occurring antioxidants. The compounds are found in plant-based foods and beverages such as apples, berries, cocoa, black tea, coffee and wine. The gut microbiota plays a critical role in the absorption of these antioxidants. These foods correlate with increased bacterial diversity.

Fermented foods

Fermented foods are teeming with helpful probiotic bacteria. They may help maintain or restore the balance of

bacteria in the gut. There are different fermented foods, including kimchi, sauerkraut, yoghurt, and kefir.

Eat a variety of foods

Eating a diverse diet rich in fruit, vegetables, legumes, and beans can lead to a diverse microbiome, which is beneficial for your health. Focus on whole foods and try not to cut out any major food groups.

By taking care of your gut, you can control your weight, mood, and long-term health. You Gut this!