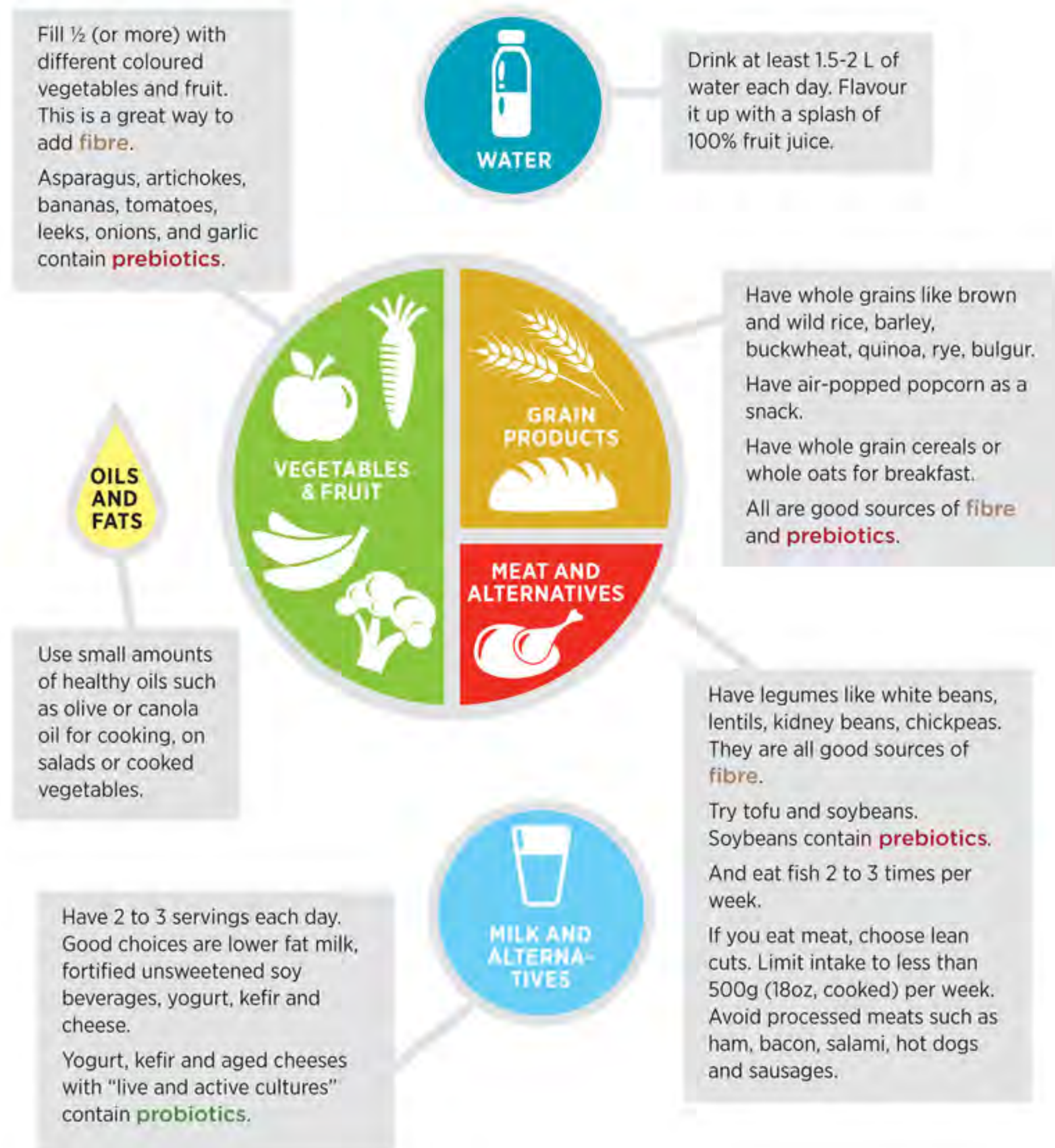


MEALS THAT ARE KIND TO YOUR GUT

Science has found that eating more vegetables, fruit, whole grains and legumes while cutting back on red meat and processed foods is good for the GI system, boosts immunity and improves overall health. This way of eating fits with cancer prevention guidelines and the healthy eating recommendations that dietitians have been promoting for years.

Health Canada's "Eat Well Plate" offers some easy to follow tips to help you build gut-friendly meals.



PROBIOTICS are good bacteria that live in our colon which improve digestion, form vitamins, activate health-promoting compounds and prevent infection. Yogurt, kefir products and aged cheeses that contain "live and active cultures" are the most common sources of probiotics.

If your immune system is weakened, probiotics may be harmful. Focus on foods with prebiotics instead.

PREBIOTICS are found in the non-digestible part of foods. This includes some types of fibre. Prebiotics provide nourishment for the good bacteria (probiotics) that live in our gut. Try to make prebiotics a regular part of your diet. Unless you are experiencing bloating, intestinal gas or diarrhea, include one or two foods that contain prebiotics in your diet every day (such as whole grains).