



## 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.

**Received:** June 11, 2019; **Published:** June 28, 2019

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.

**Volume 3 Issue 7 July 2019**

**© All rights are reserved by Aradhana Dixit.**