

HORSHAM WELLBEING

APRIL IS BOWEL CANCER AWARENESS MONTH

Here are some tips to help you optimise your digestive health each day

1. Chew your food well.



2. Relax when you eat.
Leave your desk.



3. Minimise sugar and processed starch.



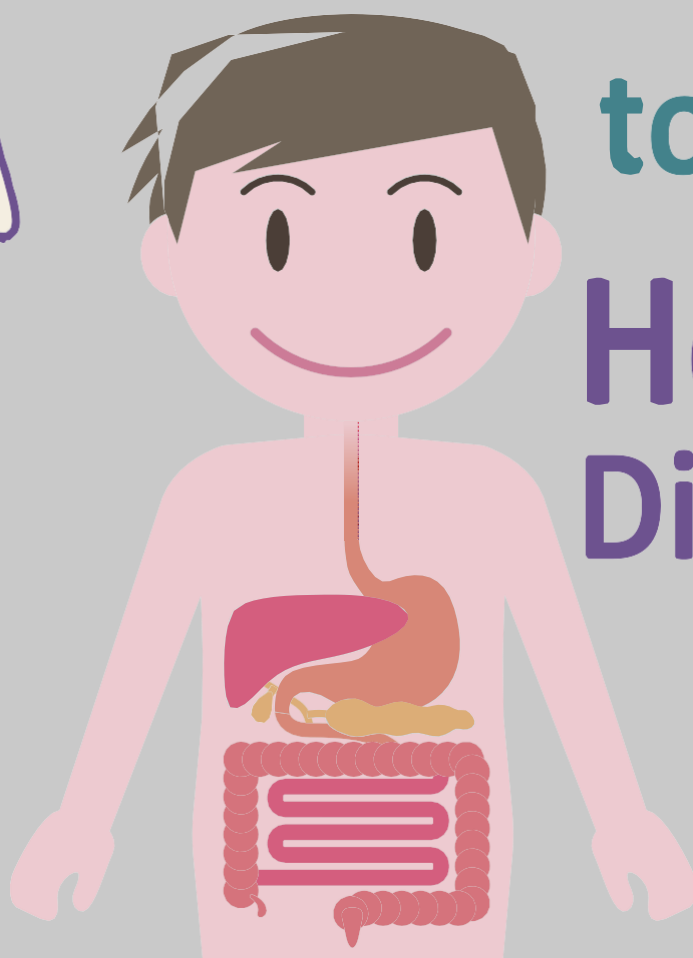
10. Get your recommended **fibre** intake each day (30g for adults) with whole foods such as oats, lentils, brown rice and vegetables.



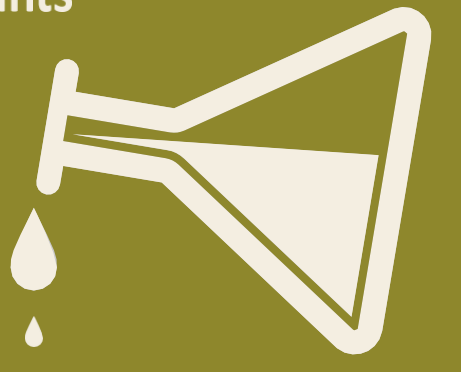
10 Steps

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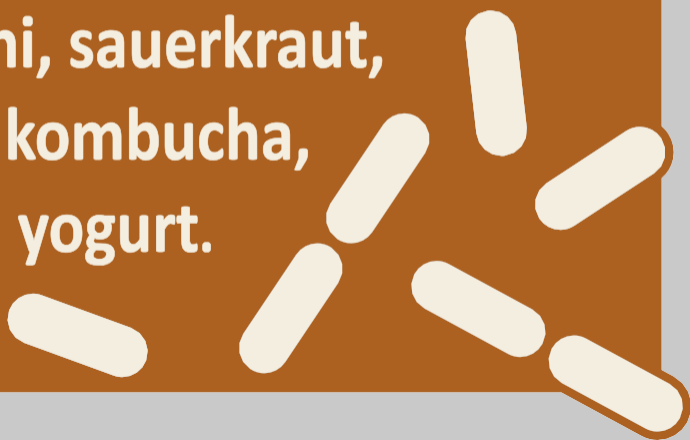
Healthy Digestion



4. Avoid additives, preservatives and other irritants (even coffee).



9. Add probiotics to your diet to top up your beneficial gut flora: kimchi, sauerkraut, kefir, kombucha, miso, yogurt.



5. Leave at least **2 hours** between your evening meal and bed time.



8. Include plenty of **prebiotic** foods to feed your gut bacteria. These include garlic, leeks, Jerusalem artichokes and onions.



7. Drink 2 litres of water a day (best away from food)



6. Keep a food and symptom diary to track potential food sensitivities.

