


Gastroenterology Clinic & Endoscopy Center

Top TEN Health Tips For Your Gut


1. Eat a High-Fiber Diet

Fiber feeds beneficial bacteria like *Bifidobacteria* and *Lactobacilli*, promoting gut diversity and anti-inflammatory compounds (SCFAs).

-  **Source:** [Harvard T.H. Chan School of Public Health](#), *Nature Reviews Gastroenterology & Hepatology* (2015)


2. Add Fermented Foods

Fermented foods like yogurt, kefir, kimchi, and sauerkraut contain live cultures that enhance microbial diversity and gut resilience.

-  **Source:** *Cell* (2021) — Stanford study on fermented foods and microbiome diversity
[Link to study](#)


3. Include Prebiotic Foods

Foods like garlic, onions, leeks, bananas, and asparagus nourish beneficial bacteria and increase short-chain fatty acids production.

-  **Source:** ISAPP (International Scientific Association for Probiotics and Prebiotics), *British Journal of Nutrition* (2017) ISAPP Guide

4. Limit Processed and High-Sugar Foods

Excess sugar and processed fats promote harmful bacteria and inflammation, disrupting gut balance.

-  **Source:** *Nature Reviews Endocrinology* (2012), *Cell Metabolism* (2014)

5. Stay Hydrated


Water supports digestion and helps maintain the mucosal lining of the intestines, essential for gut integrity.

-  **Source:** *Frontiers in Microbiology* (2020), [Mayo Clinic](#)

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6. Consider a Quality Probiotic (When Appropriate)

Probiotics can help restore gut balance after antibiotic use or during specific gut disorders like IBS.

-  **Source:** American Gastroenterological Association (AGA), *Gastroenterology* (2020) AGA Guidelines


7. Eat a Diverse Diet

Microbial diversity increases when your diet includes many types of whole foods—especially plants.

-  **Source:** *Science* (2018) — American Gut Project


8. Manage Stress

The gut-brain axis means chronic stress can lead to bloating, pain, and altered gut bacteria.

-  **Source:** *Psychoneuroendocrinology* (2016), [Harvard Health](#)


9. Exercise Regularly

Moderate physical activity supports digestion and increases beneficial microbial species.

-  **Source:** *Gut Microbes* (2014), *Frontiers in Nutrition* (2020)

10. Limit Alcohol and Avoid Smoking

Both alcohol and smoking reduce gut microbial diversity and impair the gut lining.

-  **Source:** *World Journal of Gastroenterology* (2017)

**Always check with your medical professional
before making any changes to your diet or lifestyle**