

A close-up photograph of a pregnant woman's bare belly. Her hands are positioned on either side of her navel, with her fingers gently holding the skin. She is wearing a dark grey crop top and light blue maternity pants. The background is a solid orange color. The text "love your gut!" is written in a large, white, rounded font across the center of the image.

love
your gut!

THE HAPPY GUT CHALLENGE!

The logo for CBHS Health, featuring the text "CBHS HEALTH" in a bold, dark blue font, with "BELONG TO MORE" in a smaller, dark blue font below it. To the right of the text is a circular icon composed of small orange dots arranged in a grid pattern.

CBHS
HEALTH
BELONG TO MORE

Did you know...

Eating

30 different

plant foods

in 7 days

**can help improve
your gut microbiome
diversity!**





How does plant food variety affect our gut?

The greater your gut microbiome diversity, the happier your gut is!

Plant foods all have a range of different types of plant fibre or 'pre-biotics' in them, which is food for the gut bacteria that look after your health from the inside. Just as we all have our own preferences for food, so do our gut bugs. So, including a range of different pre-biotics in our diet make sure many kinds of bugs are fed to stay alive and happy. If we restrict our diet or reduce the variety of foods we eat, particularly reducing high fibre foods, we also reduce the diversity of our gut microbiome. This can upset the balance of good:bad bacteria that might be causing gut discomfort, irregularity and even more serious health conditions like weak immune systems and depression.

**Bug?!
Oh my
gut-ness!**



How do our gut bugs support our healthy bodies and minds?

When we feed our healthy gut bugs with plenty of plant foods rich in fibre, vitamins, minerals and antioxidants, research* has shown they can:

- **Improve our overall health and support immunity**
- **Reduce inflammation in our body and gut**
- **Boost our feel-good hormone serotonin and other neurotransmitters to support a healthy mind.**

There is also some research showing that people with health conditions like diabetes, depression and inflammatory bowel disease have lower microbiome diversity, suggesting a link between the microbiome and overall health!

* <https://msystems.asm.org/content/3/3/e00031-18#sec-11>

Are all gut bugs good for our health?

Some gut bugs, like the ones that feed off fruits, vegetables, and wholegrains create compounds that support good health, whilst the ones that feed off refined sugars, animal protein and unhealthy fats aren't so good and produce harmful waste products. It's important to aim for a higher ratio of foods that feed our good bacteria, compared to those that feed our not so good bacteria, to keep the balance of their waste products in check.

**So, what
kinds of foods
should we eat?**



Eating a diet with

- LOTS OF**
- Fruits and vegetables
 - Whole grains
 - Legumes
 - Nuts and seeds

- SOME**
- Fish
 - Eggs
 - Chicken
 - Olive oil
 - Lean red meat

- LITTLE TO NO AMOUNTS OF**
- Fatty red meat and processed meats (devon, hot dogs, luncheon meats)
 - Pastries, cakes, biscuits, sweets
 - Crisps and savory snacks

...has been shown* to increase good bacteria.

Use the serve size guide to get a rough idea of how much of each plant food to try and eat each day.

| | Serve size | | Serves per day |
|---------------------|-------------------------|--|----------------|
| | grams | Measurement examples | |
| FRUIT | 150g fresh 30g dried | 1 cup chopped 1 medium sized fruit, 2 small fruit 4 dried apricot halves | 2-3 |
| VEGETABLES | 75g | 1 cup leafy greens ½ cup cooked vegetables | 5-6 |
| GRAINS | 30-120g | 1 slice of bread, 2/3 cup cereal ¼ cup muesli ½ cup cooked rice/pasta/porridge | 4-6 |
| LEGUMES | 150g | 1 cup cooked beans, chickpeas or lentils | 1-2 |
| NUTS + SEEDS | 30g | Small handful or heaped tablespoon | 1-2 |
| TOFU | 170g | Roughly a hand size portion | |

For more info on serve sizes, visit:

<https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>

The challenge:

**Try to
eat 30
different
plant
foods
in one
week!**



Use the handy guide to help you track what you ate.

Tips to get started on the challenge

- Take a look at the list, highlight the foods you would normally eat, see if it adds up to 30
- Add in anything that you regularly eat but isn't on the list
- Use mixed veggie or bean mixes in your meals to add more fibre variety
- Try something you wouldn't normally eat each day
- Swap meat with tofu, lentils, or beans a few times during the week
- Blend a variety of frozen fruit into a smoothie, or make a big fruit salad as snacks



See how many varieties of plant food you can fit into a single meal.

Food tracking guide

Vegetables

| | |
|------------------------------|--|
| Alfalfa sprouts | |
| Artichoke | |
| Arugula (rocket) | |
| Asparagus | |
| Bamboo shoots/bamboo sprouts | |
| Beetroot | |
| Broccoli | |
| Broccolini | |
| Brussel sprouts | |
| Bok choy | |
| Cabbage | |
| Capsicum | |
| Cucumber | |
| Chives | |
| Carrot | |
| Cauliflower | |
| Celery | |
| Corn | |
| Egg plant (auberge) | |
| Green onion (spring) onion) | |
| Jalapeño | |
| Kale | |
| Leeks | |
| Lettuce | |
| Mushroom | |
| Nori (seaweed) | |
| Okra | |
| Onions | |
| Olives | |
| Parsnips | |
| Peas | |
| Potato | |
| Pumpkin | |
| Radish | |
| Rainbow chard | |
| Shallots | |
| Spinach | |
| Squash | |
| Turnip | |
| Water chestnut | |
| Watercress | |
| Zucchini | |
| | |
| | |
| | |

Nuts and seeds

| | |
|-----------------|--|
| Almonds | |
| Brazil nut | |
| Chia seeds | |
| Coconut | |
| Flax seeds | |
| Macadamia | |
| Peanuts | |
| Pecans | |
| Pumpkin seeds | |
| Sunflower seeds | |
| Walnut | |
| Cashew nut | |
| | |
| | |

Legumes & Tofu

| | |
|--------------------------|--|
| Borlotti beans | |
| Black beans | |
| Butter beans/Lima beans | |
| Chickpeas | |
| Fava beans (broad beans) | |
| Kidney beans | |
| Lentils | |
| Navy beans | |
| Pinto beans | |
| Soybeans / edamame | |
| Tofu / Tempeh | |
| | |
| | |
| | |

Grains

| | |
|--------------|--|
| Amaranth | |
| Arrowroot | |
| Barley | |
| Brown rice | |
| Buckwheat | |
| Bulgur | |
| Barley | |
| Chicory root | |
| Freekeh | |
| Millet | |
| Oats | |
| Quinoa | |
| Rye | |
| Sorghum | |
| Spelt | |
| Wheat | |
| | |
| | |
| | |

Fruits

| | |
|----------------------|--|
| Apple | |
| Apricot | |
| Avocado | |
| Banana | |
| Blueberry | |
| Blackberry | |
| Cranberry | |
| Cherry | |
| Date | |
| Dragon fruit | |
| Fig | |
| Grapefruit | |
| Grape | |
| Guava | |
| Jackfruit | |
| Kiwi fruit | |
| Kumquat | |
| Lemon | |
| Loquat | |
| Lychee | |
| Mandarin | |
| Mango | |
| Mangosteen | |
| Melon (rock / honey) | |
| Nectarine | |
| Orange | |
| Papaya | |
| Passionfruit | |
| Peach | |
| Pear | |
| Persimmon | |
| Pineapple | |
| Plum | |
| Pomegranate | |
| Raspberries | |
| Strawberries | |
| Tomato | |
| Watermelon | |
| | |
| | |
| | |

Herbs & spices

| | |
|--------------------|--|
| Basil | |
| Chili | |
| Coriander/cilantro | |
| Dill | |
| Garlic | |
| Ginger | |
| Mint | |
| Parsley | |
| Rosemary | |
| | |
| | |
| | |

Let's gut started!

All information contained in this document is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.