

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 a light blue-grey skirt. The background is a solid, vibrant orange color. Overlaid on the image is the text "love your gut!" in a white, rounded, sans-serif font. The word "love" is significantly larger than "your gut!".

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, lighter 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!

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.

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

**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.