



Dear challengers,

You've reached week three of the *Supercharge your gut* challenge! We hope you've started to feel the benefits of better gut health. This week, we discuss the impact that prebiotics, probiotics and fermented foods have on our gut.

## Probiotics and prebiotics

You've probably heard of these nutrition powerhouses but aren't quite sure what they do or how they're different. Put simply, probiotics are live microorganisms, or bacteria, that improve or maintain our gut microbiome. Prebiotics are food for probiotics, allowing them to flourish and create a healthy gut environment.

Check out some common food sources of each:

### Probiotics



Yoghurt



Fermented  
veggies



Miso soup



Swiss  
cheese



Kefir

### Prebiotics



Garlic



Legumes



Broccoli



Strawberry



Tomato



Banana



Apple

[Read our article for more on probiotics and prebiotics](#), as well as the powerful benefits of resistant starch, which is a type of prebiotic that's much loved by our good gut bugs.

## Fermented foods

Many fermented foods contain probiotics or beneficial bacteria and, as the fermentation process breaks down the nutrients, they're easier to digest. [Food sources](#) include sauerkraut, miso, kefir and kimchi. But watch out for the sodium content in foods like miso and be aware of how they're packaged and stored in the supermarket. For example, canning sauerkraut kills off the good bacteria, due to the heating process, which is also the case with bread, such as sourdough.

Choosing foods from the refrigerated section is your best bet as this ensures survival of the live microorganisms, [and be sure to check the labels](#), which should include words like "live cultures" or "probiotics".

Ready to try out fermented foods? Our resident dietitian Steph shows us how to make delicious sweet prebiotic breakfast cups, with kefir, a fermented yoghurt drink, and prebiotic-rich oats.

Watch the  
video here!



## This week's challenge...

✓ Legumes

Legumes are rich in resistant starch, insoluble and soluble fibres and phenolic compounds that can be broken down by our gut microbes to produce [short-chain fatty acids](#). All this works to help maintain a protective barrier in the gut lining and keep you happy and healthy.

Here are some tips for including more legumes in your diet:

- Add canned chickpeas or kidney beans to your salads
- Swap mince for red or brown lentils in bolognese or burger patties
- Blend cannellini beans with avocado to make a dip

Recipes to inspire:

- [Red lentil dahl](#)

- Glazed pumpkin with crispy chickpeas and paneer
- Black bean brownies

### Things not to forget...

- 📄 Use our guide to track your plant-food intake for the week.
- 💧 Stay hydrated! Drinking at least six-eight glasses, or around 2L, of water is the usual daily recommendation. Fibre absorbs water, so this is especially important as you increase your fibre intake, to ensure smooth bowel motions.

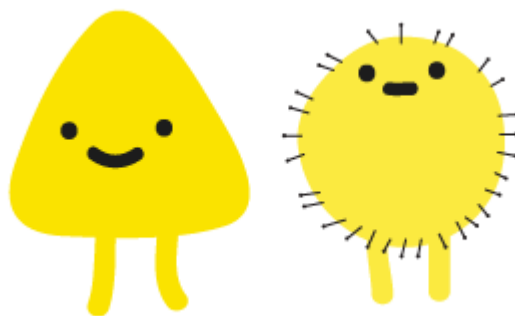
### This week's mini challenge...

✓ Breathwork

As mentioned in week one, stress can lead to poor gut health, and poor gut health can lead to stress (just one aspect of the all-important gut-brain axis). This week, we'd like you to follow our resident wellness consultant Belle, as she guides us through a simple and quick breathwork routine to help reduce stress and calm the mind. Watch the video.

### Good gut guys

This week, meet *Lactobacillus fermentum* and *Saccharomyces boulardii*. *Lactobacillus fermentum* is a type of probiotic found in the human body as well as in fermented foods, while *Saccharomyces boulardii* is a yeast probiotic that supports healthy intestinal flora.



### Coming up...

In our final week, we explore the connection between our gut and our largest organ, the skin, and more!

Speak soon Superchargers,

**Sources:**

<https://www.cbhs.com.au/mind-and-body/blog/7-immune-boosting-foods-to-include-in-your-diet->

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<https://www.cbhs.com.au/mind-and-body/blog/how-much-water-do-we-need>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6469458/>

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