

Daily Habits for Better Digestion

Your gut is more than just where food is digested—it's a powerhouse that impacts your overall health. By making small changes to your diet, managing stress, and staying active, you can support your gut and improve your overall well-being.



Eat More Plants

Fill half your plate with colorful fruits and vegetables. These provide fiber to feed your good gut bacteria and keep digestion moving.



Manage Stress

Practice simple relaxation techniques like deep breathing or yoga. Stress can disrupt gut function, so a calm mind supports a healthy gut.



Chew Your Food Well

Take your time eating and chew thoroughly. This helps your stomach digest food more easily and reduces bloating.



Move Your Body

Regular exercise, like walking or yoga, helps improve gut motility and overall digestion.



Add Fermented Foods

Incorporate foods like yogurt, kimchi, sauerkraut, or kefir to boost your gut microbiome with beneficial bacteria.



Prioritize Fiber

Add high-fiber foods like oats, beans, and whole grains to your diet to keep your gut bacteria thriving.



Stay Hydrated

Drink plenty of water throughout the day, especially between meals, to aid digestion and prevent constipation.



Eat in a Relaxed State

Sit down to eat without distractions, like phones or TVs. A calm environment supports better digestion.



Avoid Processed Foods

Cut back on processed snacks, sugary drinks, and refined carbs, which can disrupt your gut balance.



Pay Attention to Symptoms

If you notice ongoing issues like bloating, irregular bowel movements, or fatigue, talk to your healthcare provider to explore potential underlying causes.