

Gut Health Basics

Supports: Block — Gut Health Basics; KB — Gut Health

Why It Matters

Your gut is home to trillions of friendly microbes, and how you feed them shapes your digestion, your energy, and how comfortable you feel day to day. You do not need a complicated plan or expensive products to support them. A few everyday habits — more plants, a little fermented food, enough water, and going gradual — do the most good. Think of it as feeding the helpful bugs so they can do their job.

What to Know

Feed it fiber and plant variety

Fiber from plants is the main thing your gut microbes feed on, so meals built around vegetables, fruit, beans, and whole grains give them plenty to work with. Variety matters as much as amount — different plants support different helpful microbes.

Add a few friendly foods

- Fermented foods like yogurt, kefir, sauerkraut, and kimchi carry live, friendly bacteria.
- Beans, lentils, oats, and onions are especially good “food” for your microbes.
- Water helps everything move comfortably, especially as you add fiber.

Go gradual: If you are adding more fiber, build up slowly rather than all at once, and drink water alongside it. Your gut adjusts best to steady, small changes.

Try This

Take one small step for your gut this week.

? What is one new kind of plant — a vegetable, bean, or whole grain — you could add?

? Could you try one fermented food this week?