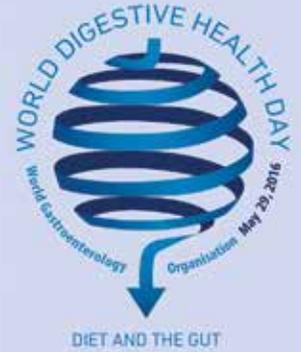


# DIET AND THE GUT

WDHD - May 29<sup>th</sup> 2016  
World Digestive Health Day



## 10 TIPS AND FACTS FOR MANAGING YOUR DIET AND GUT HEALTH

1. One third of the world's population has some form of digestive symptoms, most common being bloating and constipation. These symptoms can occur even without any structural or functional abnormalities in the digestive system.
2. Adequate fiber in the diet encourages passage of material through the digestive system and provides bulk and right consistency to stools for easy evacuation. Ideally one should consume at least 30-40 grams of fiber per day.
3. Ensure adequate fluid intake: Fiber needs fluid to swell and provide bulk to stool. At least two liters of fluids should be consumed per day. Water is great but tea, coffee, milk are all good. (not alcohol).
4. Processed food may not have much nutritious food or fiber and often contain large amounts of saturated fats, salt and preservatives that can be harmful to the body.
5. Try not to eat in a rush, the process of digestion starts in your mouth. Take time and eat slowly, chewing each mouthful well.
6. Try to exercise at a moderate level for at least 30 minutes each day.
7. Quit smoking: Smoking lowers the pressure in the sphincter at the junction between the stomach and the esophagus, promoting backflow of stomach acid into the esophagus (reflux), which can result in heartburn and other complications. Smoking also aggravates other diseases and is linked with an increased risk of many cancers.
8. Certain diet/dietary component can lead to food allergy. The most common food item to which people are allergic are seafood, wheat, peanuts, milk and egg.
9. Gluten, a protein in the wheat/barley and rye can lead to a disease called celiac disease in some genetically susceptible individuals. Celiac disease affects approximately 1% of the world's population.
10. Certain diet (FODMAP) can induce abdominal bloating, abdominal pain and change in bowel habit. Dietary advice using a low FODMAP diet or gluten free diet can help in reduction of symptoms in those who have functional dyspepsia and irritable bowel syndrome.

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