How to improve digestive health
10 global diet and lifestyle tips

Eat smaller and more frequent meals without increasing overall calorie intake. Do not miss breakfast; do not eat large meals late at night.

Select lean meats such as chicken, turkey, rabbit… or lean cuts of beef, pork, or lamb.

Include foods rich in fiber, 5 portions of fruit and vegetables a day, including whole grains and legumes.

Drink 2 liters of drinking water a day while decreasing intake of caffeinated, alcoholic and sugar rich beverages.

Eat fish 3 to 5 times per week.

Do not rush eating and chew food slowly and well.

Reduce intake of foods high in animal fat, greasy and fried foods.

Practice a healthy lifestyle: exercise regularly and abstain from smoking.

Consume fermented dairy products, containing probiotics with proven benefits on digestive health.

Maintain a healthy body mass index: aim to achieve your ideal body weight.

For more information and tips on your digestive wellbeing, please visit www.loveyourtummy.org