

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

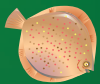


Include foods rich in fiber,

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

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

