



# Gut Health

Supporting Gut Health Through Food



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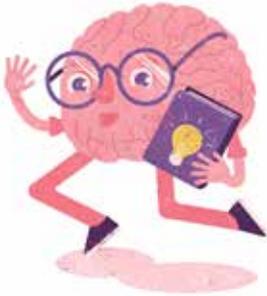


# What is Gut Health & Why does it matter?

## There is no “one-size fits all”

The word gut is often used in different ways – sometimes to describe our stomach or belly, and other times in phrases like “gut instinct” or “feeling gutted.” But the gut refers to something much more complex: our digestive system, or gastrointestinal (GI) tract.

The GI Tract is approx. 20ft long (that’s equivalent to 4 park benches) – crazy right? – The journey starts in the mouth and ends when waste leaves the body. While we often think of the gut as simply where our food is broken down, it’s actually at the core of our overall health.



## A well-functioning gut supports:

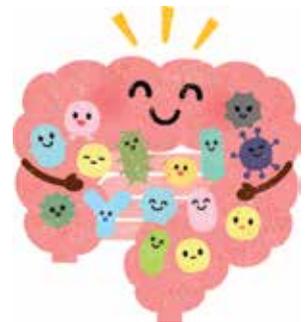
- Efficient digestion and absorption of nutrients
- Supports immune defences (over 70% of immune cells live in the gut)
- Mental wellbeing (it’s nicknamed the second brain for a reason!)
- Hormone regulation and inflammation control

## Gut microbiome

At the centre of our gut health is the incredible gut microbiome – there are trillions of bacteria, fungi, and other microbes that live in your digestive tract.

So, What Does a Healthy Gut Look Like? There’s no “one-size-fits-all” answer.

Everyone’s gut microbiome is unique – shaped by diet, lifestyle, environment, and even how you were born. There’s no “perfect” when it comes to gut health, but the key is for a diverse and well-balanced microbiome.



## *The good news?*

You can positively influence your gut through the foods you eat as well as your daily lifestyle habits. Understanding your gut is the first step in supporting it and in turn, supporting your overall wellbeing.

# What we feed our gut microbes matters

## Fibre-rich foods

Fibre is the number one fuel for your good gut bacteria.

- Whole grains (e.g. oats, brown rice, wholemeal bread)
- Legumes (chickpeas, lentils, beans)
- Vegetables (especially root veg, broccoli, artichokes)
- Fruits (apples, berries, pears, bananas)
- Nuts and seeds

## Polyphenol-rich foods

Polyphenols are plant compounds with antioxidant effects that also feed good bacteria.

- Berries, apples, pomegranate
- Olives and extra virgin olive oil
- Green tea, coffee (in moderation)
- Dark chocolate (70%+)



HEALTHY  
GUT



## Probiotic foods

These contain live bacteria that can help balance the gut.

- Yoghurt with live cultures
- Kefir (fermented milk or water)
- Kimchi, sauerkraut, miso, tempeh
- Kombucha (fermented tea)

## Prebiotic foods

These are special types of fibre that feed the beneficial bacteria.

- Leeks, garlic, onions
- Asparagus, Jerusalem artichokes
- Green bananas
- Chicory root

*Top tip!*

Try including a mix of these foods across meals – think overnight oats with berries and flaxseeds, grain bowls with roasted veg and fermented toppings, or soups with legumes and garlic.

# Factors that affect or support Gut Health

Gut-Friendly Eating Habits. It's not just what you eat, it's how you eat that matters too.



## Include Fermented Foods

Add small, regular portions like kimchi, kefir, yoghurt or miso to meals.



## Limit Ultra-Processed Foods

Highly processed foods lack fibre and may disrupt gut health. Choose home cooked or minimally processed meals.



## Eat a Rainbow of Plants

Aim for 30 plant foods a week to ensure you have a diverse diet, including fruits, veg, whole grains, legumes, nuts, seeds, herbs & spices.



## Chew Slowly & Eat Mindfully

Digestion starts in the mouth. Eating too fast = bloating, poor absorption & missed fullness signals.



## Stay Hydrated

In our busy lives, it can be easy to forget to stay hydrated. Water helps fibre work effectively. Include herbal teas, infused water & brothy soups. Aim for 8 glasses or more of water a day – this also includes tea and coffee.

Lifestyle for a Healthier Gut. Support your gut beyond the plate.



## Limit Alcohol & Avoid Smoking

Both harm gut lining & microbial balance. Cut back where possible and seek support if needed



## Manage Stress

Stress disrupts digestion & gut balance, practise mindfulness where possible to help reduce stress or anxiety! Try walks, deep breathing, screen breaks or gentle movement.



## Move Daily

Physical activity improves digestion & gut microbial diversity. Even 10-minute walks make a difference or even simple activities like taking the stairs instead of the lift at work!



## Prioritise Sleep

Poor sleep affects gut bacteria & inflammation. Aim for 7–9 hours/night with a calming wind-down routine that works for you.

# Vitality Gut Health Tracker

Small changes to your diet and lifestyle can have a big impact on your gut health. Use this weekly tracker to monitor these 5 key gut health habits.



## Diet Diversity



Fruit & Veg



Wholegrains



Nuts & Seeds



Legumes

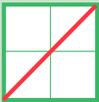


Herbs & Spices

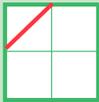
### Goal: eat 30 plant points per week

1 point per type and colour of plant

¼ point for herbs/spices/tea/coffee/EVOO



1 point



¼ point




## Mindfulness

Goal: 10 mins of daily mindfulness

M	T	W	T	F	S	S
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Try these mindful activities

- Journaling
- Meditation
- Yoga



## Exercise

Goal: 30 mins of daily exercise

M	T	W	T	F	S	S
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Simple ways to get more active

- Home workouts
- Local clubs
- Regular walks



## Hydrate

Goal: 8+ glasses of fluid daily

M	T	W	T	F	S	S
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Tips to optimise your hydration

- Add fruit to water
- Drink a variety of fluids
- Set reminders to drink



## Sleep

Goal: 7-9 hours of sleep

M	T	W	T	F	S	S
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Methods to improve your sleep

- Read at bedtime
- Reduce caffeine intake
- Limit screentime

# Apple Pie Kefir Overnight Oats

Serves 4



Another great way to start the day! This breakfast helps support gut health whilst helping you feel fuller for longer with the protein and fibre it provides.

## INGREDIENTS

80g Jumbo oats  
400g Kefir yoghurt  
280g Apple, grated  
8g Flaxseeds  
10g Ground cinnamon

### Topping:

2g Ground cinnamon  
120g Apples, peeled and diced

## METHOD

1. Combine all the ingredients in a bowl (apart from the topping ingredients) and leave overnight or for at least 4 hours in the fridge.
2. Mix the remaining cinnamon with the diced apple together-add this to the top of your overnight oats.

# Green Shakshuka

Serves 4



This shakshuka provides us with a of plant diversity and protein making it both nourishing and satisfying.

## INGREDIENTS

100g Broad beans  
5g Mint leaves  
25ml Olive oil  
1 Green chilli, sliced  
25g Dill, finely chopped  
25g Coriander, finely chopped  
200g Chickpeas, drained  
6 Free range eggs  
2g Sea salt  
1g Black pepper

## METHOD

1. Preheat your grill.
2. Place the broad beans, mint, half the olive oil and a pinch of salt into a blender and blitz to a coarse texture.
3. In a heavy-based frying pan heat a little oil, add the blended broad beans and stir fry for a few minutes, then add in half the herbs, half the green chillies and chickpeas and cool for a few minutes.
4. Then spread the mixture evenly in the pan and make 6 gaps for the eggs.
5. Crack the eggs into the gaps and place the pan under the grill for 2-3 minutes.
6. Remove from the grill and add the rest of the herbs, chilli and a generous sprinkle of sea salt and black pepper.

# Veggie-loaded hash browns with harissa yoghurt

Serves 4



A fibre-packed win for your gut! With a tasty trio of prebiotic-rich veg that support a healthy gut microbiome.

P.S. Keeping the skins on the veg boosts the fibre even more!

## INGREDIENTS

450g Sweet potatoes, grated  
80g Carrot, grated  
50g Shallots, thinly sliced.  
25g Buckwheat flour  
2g Salt  
1g Black pepper  
10g Parsley, finely chopped  
200g Sweetcorn (tinned), drained.  
10g Cornflour  
25g Butter, melted  
20g Harissa  
150g Greek yoghurt

## METHOD

1. Line a large mixing bowl with a muslin cloth or towel. Add the grated vegetables and thinly sliced shallots and then squeeze as much excess liquid as you can. Then add to a clean bowl.
2. Add the remaining ingredients, and mix.
3. Heat the olive oil in a large non-stick frying pan on medium heat, add  $\frac{1}{2}$  a serving spoon of mixture into the pan, and cook for 10 minutes or until there is a golden crust below flipping over and copping for a further 10 minutes.
4. In the meantime, mix together the harissa and Greek yoghurt to accompany the hash browns.
5. The plate up and enjoy!

# Kimchi Udon Noodles

Serves 4

## INGREDIENTS

- 150g Kimchi
- ½ tsp of Chilli flakes- optional
- 4 tbsp Tamari
- 2 tsp Light brown sugar
- 300g Udon noodles
- 3 Garlic cloves, peeled and finely chopped
- 3 Carrots, peeled and ribboned
- 1 Courgette, peeled and ribboned
- 150g Spring onions, thinly sliced (save the green tops for garnish)
- 250g Pak choi, thinly shredded
- 2 tbsp Sesame seeds
- 2 tbsp Sesame oil
- 1g Black pepper



This would be perfect for a fake away Friday. Kimchi delivers natural probiotics to support our microbiomes, while colourful veg adding fibre and plant diversity.



## METHOD

1. First press the liquid out of the kimchi by placing the kimchi in a sieve over a small bowl and gently pressure out the liquid with the back of a spoon. Save the liquid and roughly chop the kimchi.
2. In a separate bowl, add the optional chilli flakes with a 1tbsp of the tamari and a pinch of the sugar.
3. To boil the noodles, fill a medium pan with boiled water and add a pinch of salt. Add in the noodles and cook for 6-7 mins until just tender. Drain the noodles and run them under cold water to prevent them from cooking further.
4. In the meantime, on medium-high heat add 2 tbsp of oil to the frying pan, once hot stir fry the garlic for approx. 30 secs, then add the kimchi. Continue to stir-fry for approx. 2 mins.
5. Place the white parts of the onions and the Pak choi in the pan and continue to stir fry for 2 minutes (you may need to add a little more oil). Add the carrot and courgette and stir-fry for a further 1 min.
6. Then add in the drained noodles, the kimchi liquid and a splash of sesame oil.
7. Add in the chilli flakes (to your taste) and mix everything on the heat for 1 min, to warm the noodles.
8. Add more tamari to taste and check the seasoning. Before serving top with sesame seeds as well as the green spring onion tops.

# Harissa salmon

## WITH CHUNKY VEGETABLE GIANT COUSCOUS

Serves 4

### INGREDIENTS

- 3 tbsp Rose harissa
- x1 Lemon, juice and zest
- 2 tbsp Olive oil
- x4 Salmon fillets
- x2 Bell peppers (different colours), chopped
- x2 Courgettes, sliced
- x1 Red onion
- x4 Garlic cloves
- 150g Cherry tomatoes
- 250g Giant couscous
- 300ml Vegetable stock
- 40g Rocket
- 10g Parsley, chopped
- 150g Pomegranate seeds

This gut-loving dish is packed with fibre, plant diversity, and prebiotics to help your good gut bacteria thrive. It's nourishing, colourful, and kind to your digestion



### METHOD

1. Preheat the oven to 180°C Fan/ Gas Mark 6.
2. Mix 2 tbsp of harissa with lemon zest and olive oil. Rub the marinade over the salmon fillets and place them onto a baking tray—allow to marinade for at least 30 minutes or overnight in the fridge.
3. Add the peppers, courgette, red onion, and garlic onto a separate baking tray. Drizzle with 1 tbsp of olive oil and remaining harissa, toss and roast in the oven for 30 minutes.
4. Add the cherry tomatoes for the final 10-15 minutes. Place the salmon in the oven at this time too.
5. Place the couscous into a large bowl, pour over the vegetable stock, cover, and set aside for 10-15 minutes, and stir.
6. Squeeze the garlic pulp from the skin and mash with a fork. Add to the couscous along with the rocket and roasted vegetables.
7. Add the lemon juice over the couscous and stir in the parsley. Sprinkle the pomegranate seeds on top before serving with the salmon fillet.

# Chicken OR Tofu bibimbap bowl

Serves 4

## INGREDIENTS

250g Brown basmati rice (cooked)  
180g Red cabbage, finely shredded  
2 Carrots, washed and ribboned  
250g Shiitake mushrooms, torn  
500g Chicken breast, cut into strips  
OR 400g Extra firm tofu, cubed.  
100g Broccoli sprouts  
200g Kimchi  
2 tbsp Toasted sesame seeds  
4 Eggs (Optional)

### Sauce:

2 Garlic cloves, finely grated  
4cm Ginger, finely grated  
2 tbsp Rice wine vinegar  
2 tbsp Soy sauce  
4 tbsp Gochujang paste  
2 tbsp Toasted sesame oil



Full of fibre, fermented goodness and colour! Kimchi adds natural probiotics, while brown rice and veg feed your microbiome. P.S. More plant colour = a happier microbiome!



## METHOD

1. Rinse the brown rice whilst boiling a kettle. Once rinsed, add the rice with a pinch or two of salt into a saucepan and boil for 20-25 minutes.
2. In the meantime, start prepping your vegetables.
3. To make the sauce, mix the garlic and ginger in a small bowl with the vinegar, tamari, gochujang paste, and sesame oil.
4. When you only have 5 minutes left on the rice, heat 1 tbsp of plain oil in a frying pan and start to stir-fry the chicken and mushrooms over high heat for 3-4 minutes, then add the sauce and continue to cook for approx. 30 secs. And remove from the heat.
5. When the rice is cooked, drain it and press down to remove any excess liquid.
6. To serve: Divide the rice between 4 bowls. Place the chicken strips, mushrooms, cabbage, carrot, and broccoli sprouts on top. Finish with some kimchi and garnish with the sesame seeds. And optionally, serve with a fried egg on top!

# Dark Chocolate & Kefir Bounty Snack Bars

Serves 6



These delicious treats are naturally sweet and provide us with fibre and healthy fats, with kefir yoghurt bringing a boost of gut-friendly probiotics.

## INGREDIENTS

60g Shredded coconut  
25g Coconut oil, melted  
30g Kefir yoghurt (plain, unsweetened)  
16g Honey  
½ tsp Vanilla extract  
Pinch of sea salt  
75g Dark chocolate (70%-85%), chopped  
½ tsp Coconut oil (for smoother coating, optional)

## METHOD

1. Make the Coconut Filling: In a bowl, mix shredded coconut, melted coconut oil, maple syrup, vanilla, and a pinch of salt.
2. Add kefir yoghurt 1 tablespoon at a time until the mixture becomes sticky and holds together when pressed.
3. Press the mixture into bar shapes with your hands.
4. Place them on a parchment-lined tray and freeze for 30–60 minutes to firm up.
5. Dip in Chocolate: Melt dark chocolate with a teaspoon of coconut oil using a double boiler or microwave.
6. Dip each frozen bar into the melted chocolate and coat evenly. Let excess drip off.
7. Place back on the tray and chill until the chocolate is set.

# Upside Down Citrus Cake

Serves 10



Who doesn't love an afternoon treat? This wholesome cake is full of gut-friendly fibre, great for feeding your beneficial bacteria.

## INGREDIENTS

- 300g Wholemeal flour
- 5g Baking powder
- 5g Bicarbonate soda
- 3 Free range eggs
- 250ml Extra virgin olive oil
- 150ml Oat milk
- 150g Mixed citrus (lemons, oranges & grapefruit)
- 50g Brown sugar
- 240g Carrots, grated
- 150g Dates
- 12g Poppy seeds

## METHOD

1. Heat the oven to 180C/gas mark 4. Grease a 20cm cake tin and line it with greaseproof paper. Line the base with sliced citrus fruits in a single layer with 50g of brown sugar.
2. All the dry ingredients into a bowl, along with the zest of your citrus and mix together well (making sure there are no lumps). Blitz your dates and milk together in a high-speed blender.
3. In another large bowl, whisk the eggs, then add the olive oil, milk mixture, and citrus juice (squeezed from odds and ends) and mix.
4. Gently fold the olive oil mixture into the dry ingredients but be careful not to over-mix.
5. Pour the mixture into the tin and smooth the top.
6. Bake for about 40 minutes, or until it is golden brown and a skewer comes out clean. Set aside to cool before flipping upside down and removing the cake from the tin.