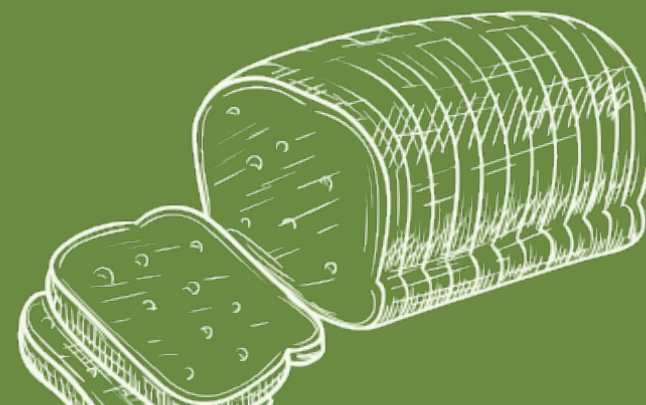




Gorgeous Guts

Exploring the link between diet and gut health

Kelsey Weight
Accredited Practising Dietitian





I'm Kelsey!

Welcome to my lunch & learn session!



OVERVIEW

- Gut health- what is it and why is it important?
- How to promote good gut health through diet
- Practical tips to improve your gut health



Gut Health

Micro what?

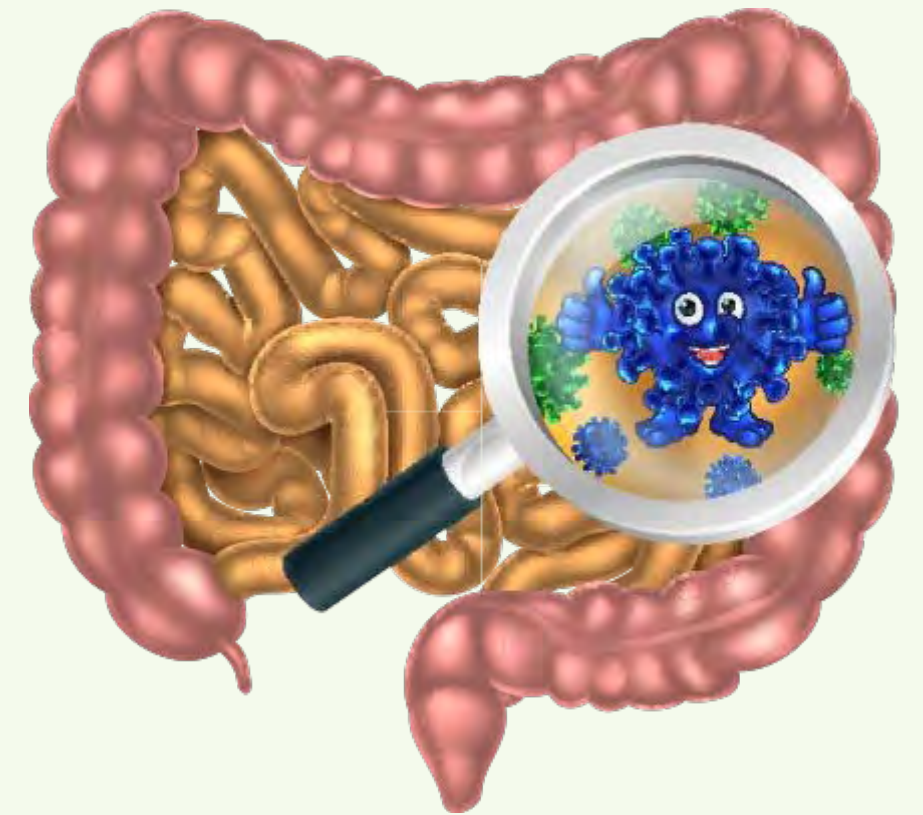
- Microbiome—the collective genomes of the microorganisms in a particular environment
- Microbiota —the community of microorganisms themselves
- Microorganisms - or microbes, tiny living things living on/in/around us. Mostly bacteria in the gut.

Gut Health

What is it?

Gut microbiome

- Made up of trillions of microorganisms
- Critical for health and wellbeing
- Each person's is unique



Fun Fact: The human gut microbiome is one of the most densely populated ecosystems on Earth!



Gut Health

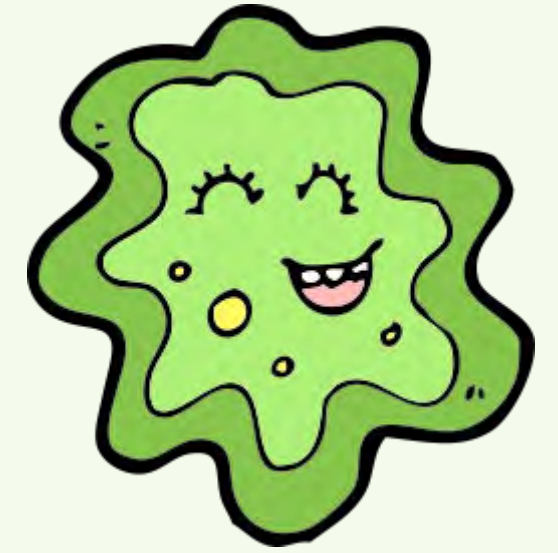
What influences our gut microbiome?

- Birth- via birth canal or caesarean
- Breast fed or bottle fed
- Where we grew up
- Physical activity
- Medications
- Genetics
- Family size
- Stress
- Sleep
- Diet!



Gut Health

Why is it important?



Magical Microbes

- Fight pathogens & support immunity
- Protect against autoimmune diseases
- Help maintain a healthy weight
- Assist us to absorb and synthesize nutrients
- Helps digestion
- Support brain health
- Influence mood
- Reduce chronic disease



Gut Health

What does a healthy microbiome look like?

- Diversity! Our gut hosts at least 500 species of microbes, mostly bacteria
- Balance of 'good' and 'bad' bacteria
- Dysbiosis = microbiome imbalance or disruption

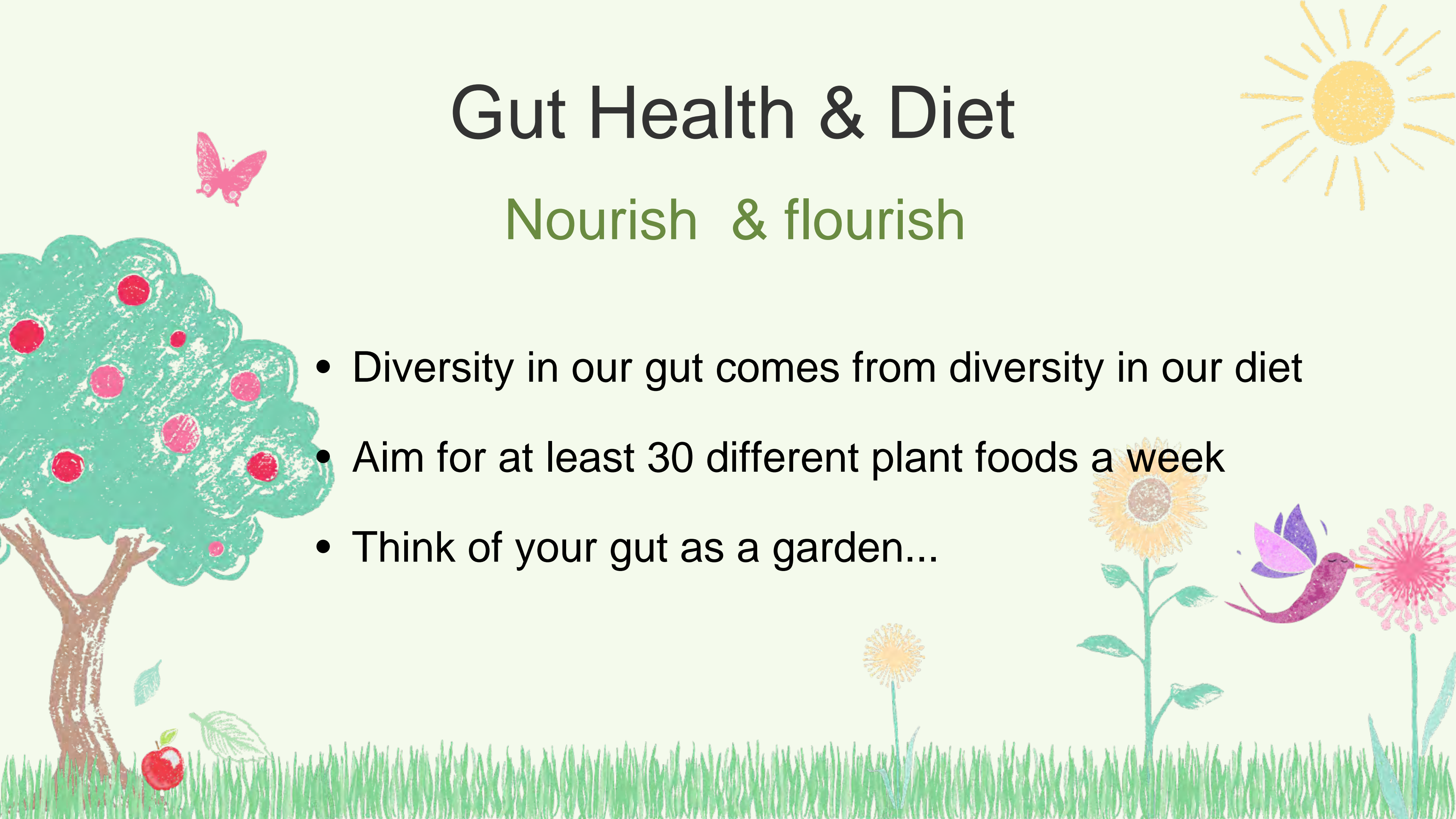


Fun Fact: We have approx. 1kg of microbes living in our lower intestine

Gut Health & Diet

Nourish & flourish

- Diversity in our gut comes from diversity in our diet
- Aim for at least 30 different plant foods a week
- Think of your gut as a garden...



Gut Health & Diet

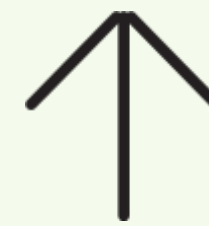
Probiotics vs Prebiotics

- Probiotics - live bacteria and yeasts that can be beneficial to health
- Synbiotics - mixture of both
- Prebiotics - food components that are not digestible by the human body but stimulate the growth and activity of beneficial gut bacteria

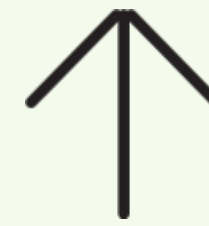
Gut Health & Diet

What foods should I be choosing?

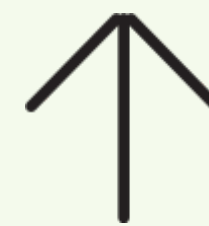
- Whole grains
- Fruit
- Vegetables
- Lentils and legumes
- Nuts and seeds



Prebiotic fibre



Probiotic growth and activity



SCFA production Butyrate

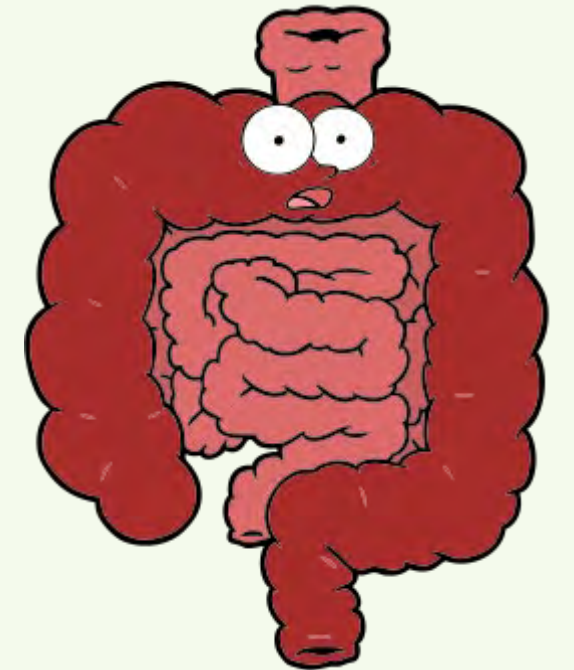


Gut Health & Diet

What foods should I be choosing?

Foods rich in prebiotic fibre include

- Garlic, onion, leek, asparagus, beetroot, peas
- Stone fruits, dried fruit, watermelon
- Cashews and pistachios
- Chickpeas, lentils, red kidney beans, baked beans, soybeans
- Barley, rye bread, pasta, gnocchi, couscous, wheat bread, oats





Gut Health & Diet

What foods should I be choosing?

- Fermented foods - may contain probiotics and prebiotics.

The fermentation process preserves foods, increases nutritional value and makes digestion easier.

- Probiotic yoghurt, kefir, miso, tempeh, olives, kimchi, sauerkraut, sourdough bread, kombucha



Gut Health & Diet

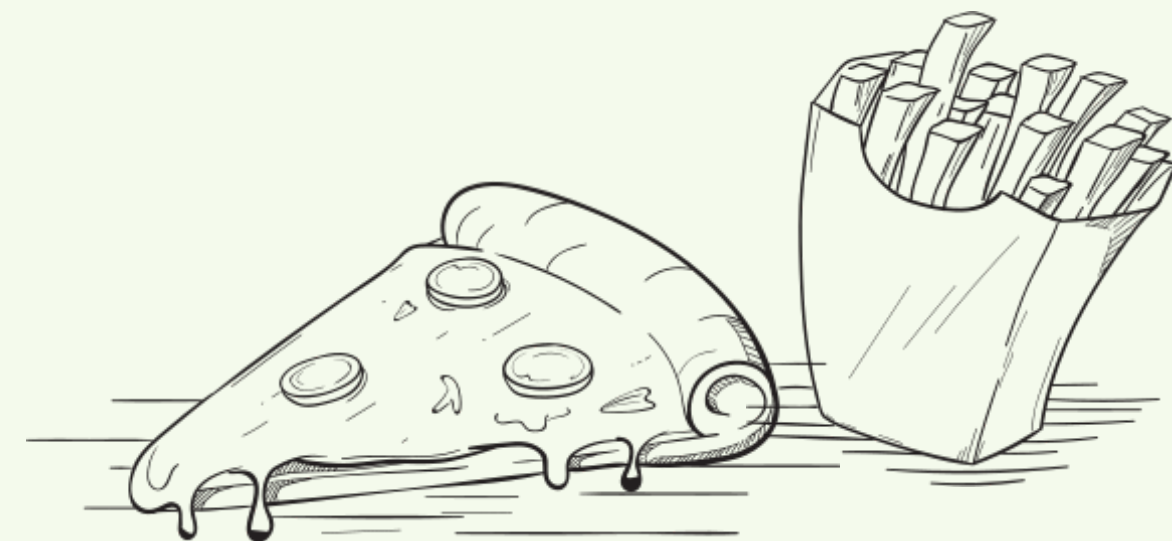
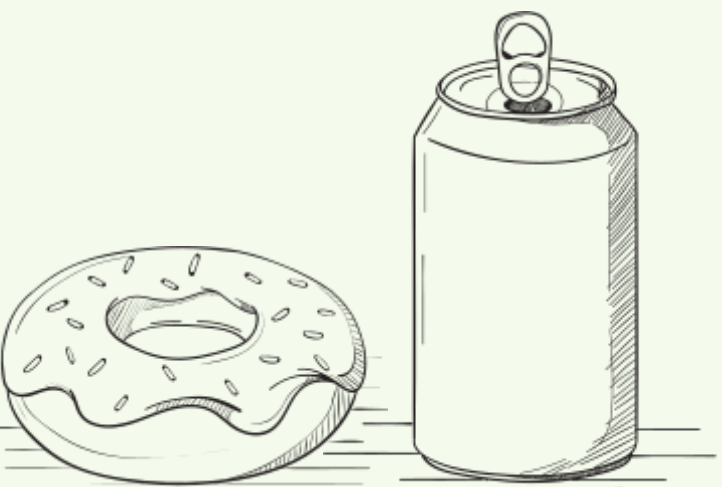
What might a gut loving diet look like?

- Breakfast: Granola with berries and yoghurt. Green Tea
- Morning tea: Trail mix and Coffee.
- Lunch: Whole grain salad and cheese sandwich. Banana. Green Tea
- Afternoon tea: Grainy biscuits with hummus, cucumber, tomato. Water
- Evening meal: Chickpea and vegetable curry with brown rice.
- Supper: Yoghurt topped with nuts and seeds.

Gut Health & Diet

What foods should I be limiting?

- Processed foods
 - Animal protein
 - Saturated fat
 - Artificial sweeteners
- A 'Westernised' diet lacking diversity of plant foods but high in animal fats and proteins will starve the gut microbiota, damage the gut wall and promote inflammation.



Gut Health & Diet

Impact of diet in shaping gut microbiota revealed by a comparative study in children from Europe and rural Africa

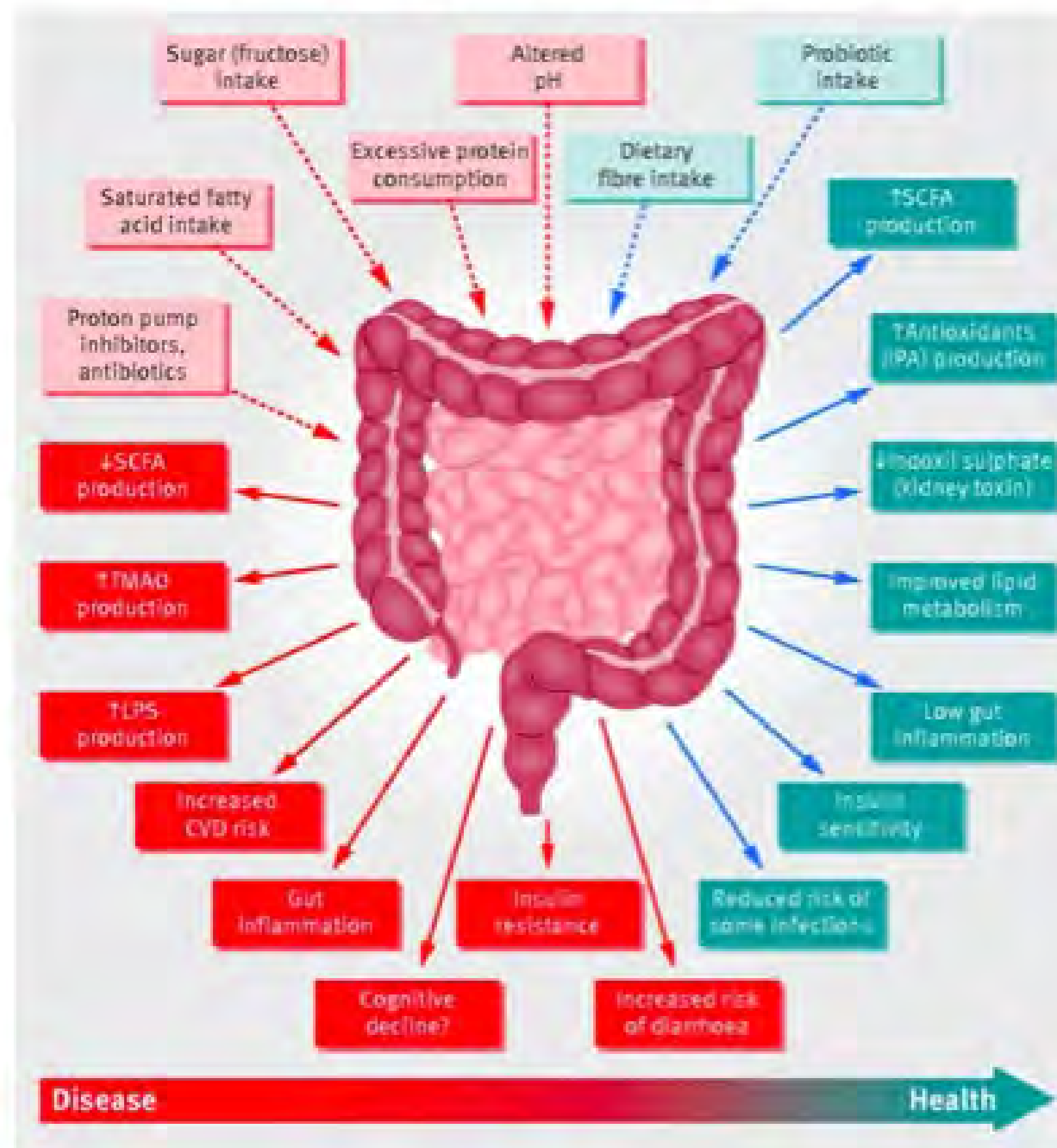
- Children from Burkina Faso in rural Africa vs children from Florence, Italy

		Energy intake	Fibre intake
BF	1-2y/o	2900kJ	10g
Italy	1-2y/o	4600kJ	5.6g
BF	2-6y/o	4300kJ	14g
Italy	2-6y/o	6500kJ	8.4g

Rural African diet

- Unrefined, complex carbohydrates
- High in prebiotic fibre
- Very few fats and animal proteins

aim for
30g fibre
daily



Ana M Valdes et al. *BMJ* 2018;361:bmj.k2179

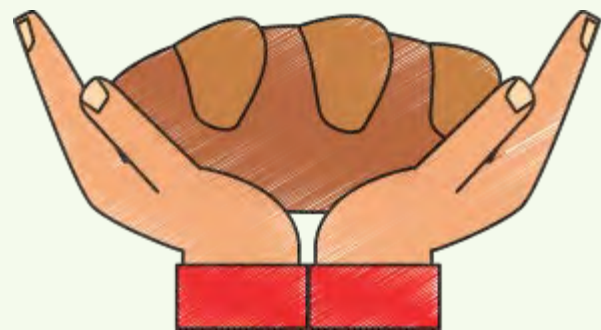


Gut Health & Diet

A word of warning...



- Restrictive diets should be avoided
- If you choose to follow a particular diet seek input from an APD
- The low FODMAP diet must be done with the support of an APD
- Go slow and steady if introducing more fibre to your diet



Gut Health & Diet

Are they worth it?



- Probiotics



- Kombucha



- Collagen supplements



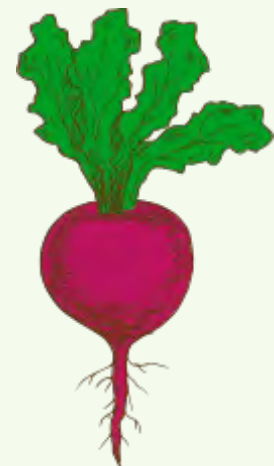
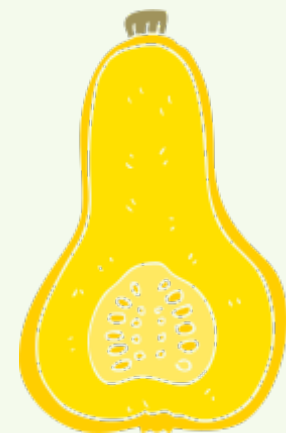
- Gut cleanse/detox/reset programs

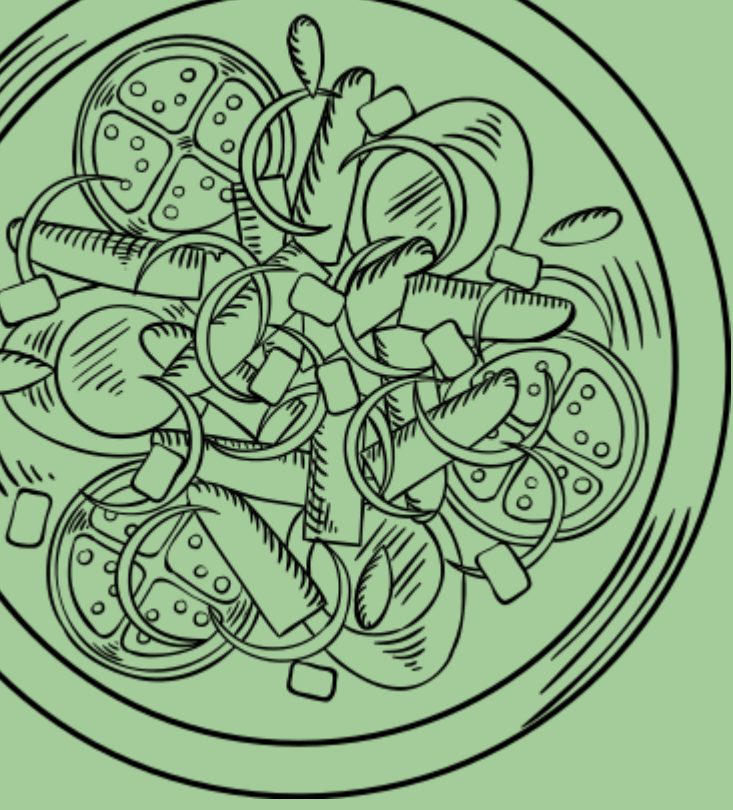


Gut Health & Diet

Simple changes you can make

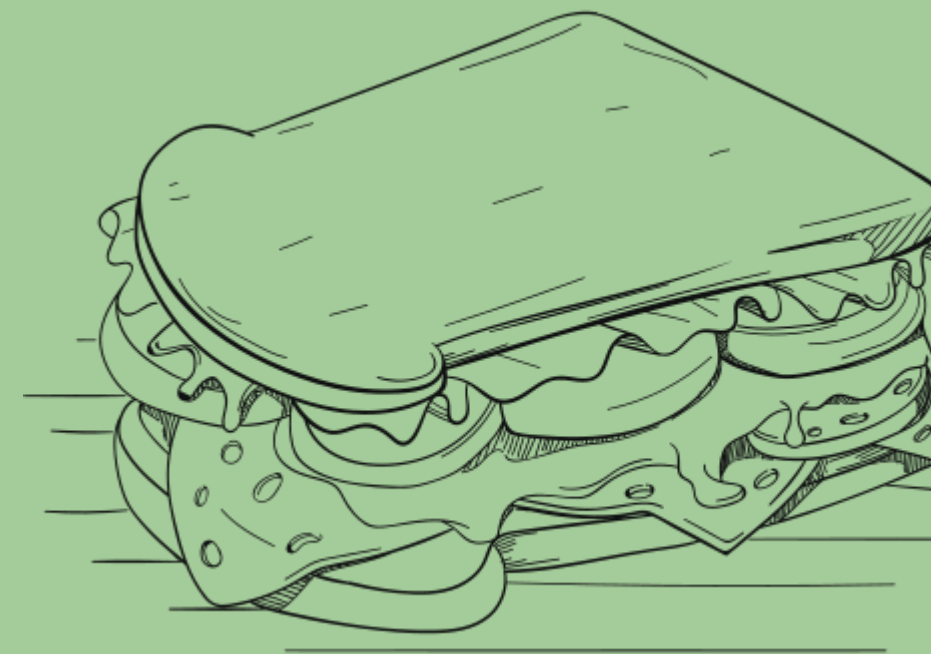
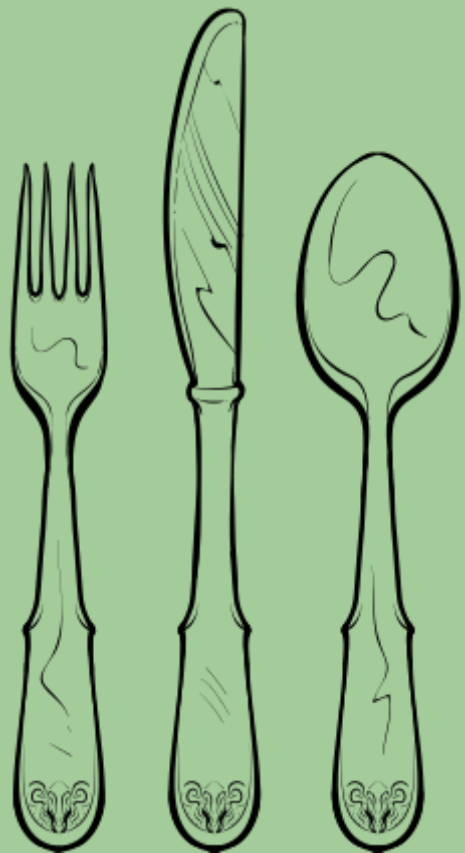
- Start the day with wholegrains
- Leave the skin on fruit and veggies
- Experiment with vegetarian meals
- Include high fibre snacks
- Aim for 30!
- Don't fear carbohydrates!!!





Questions

HOW DO YOU PLAN TO FEED YOUR GUT
MICROBIOME?





Thank you!

Kelsey Weight (APD)

k.weight@federation.edu.au