

TAKING CARE OF YOUR GUT



1. Have a variety of plant-based foods like fresh fruits and vegetables, nuts, wholegrain and legumes.

2. Aim for 2 servings of fruits and at least 2 servings of vegetables daily.



3. Limit your saturated fat intake from animal fats, full-fat dairy products and fried food.

Choose lean meat and low-fat dairy products.



Opt for steamed, grilled, baked or boiled options.



4. Limit your sugar intake from sweetened beverages and desserts.

5. Include fermented food like bio-live yoghurt and fermented milk in your diet.

