



Steps to a Healthy Gut

Eat a healthy diet

- The gut needs proper nutrition and water to function properly and stay healthy.
 - Make half your plate fruits and vegetables
 - Make half your grains whole grains
 - Move to low-fat or fat-free dairy
 - Vary your protein routine
 - Drink enough water.
 - 13 cups per day for males, 9 cups per day for females
 - If you drink alcohol, do so in moderation.

Be physically active

- Regular physical activity helps maintain the strength and elasticity of the intestinal muscles and helps keep the gut healthy.
 - At least 150 to 300 minutes of moderate-intensity or 75 to 150 minutes of vigorous-intensity physical activity a week. Do strengthening activities at least twice a week.
 - If you cannot meet these guidelines, be as physically active as your abilities and conditions allow.

Maintain a healthy body weight

- A healthy body weight can help keep the gut healthy.

Get enough sleep

- Adequate sleep allows for repair and maintenance of gut tissue and removal of wastes.
 - The average adult needs 7 to 8 hours of sleep each night.
 - Some can function with 6 hours sleep and some need 9 or more hours sleep.

Reduce and/or manage stress

- Reducing and/or managing stress can help keep your gut healthy.

Keep your food safe to eat

- The four food safety principles work together to reduce the risk of foodborne illness.
 - Clean: Clean hands, food contact surfaces, and vegetables and fruits.
 - Separate: Separate raw, cooked, and ready-to-eat foods while shopping, storing, and preparing foods.
 - Cook: Cook foods to a safe temperature.
 - Chill: Refrigerate perishable foods promptly.