

# Simple Ways to Promote Gut Health



 PEPSICO



**Empowered  
Education**

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# DIGESTION

## NUTRITION

Get enough fiber each day. To increase fiber gradually, try introducing a new fiber containing food every other day. This will help you reach your goals without overloading your digestive system.<sup>1</sup>



## EXERCISE

Incorporate movement throughout your day. Find a form of movement you enjoy & make it a daily habit.<sup>2</sup>



## DRINK WATER

Water is very important for breaking down food. As you add more fiber into your diet, make sure to drink plenty of water. Water will help to keep things moving along in your system.<sup>1</sup>



# GUT MICROBIOME

## DIVERSIFY YOUR DIET

Try a new fermented food and mix it up with fiber. Examples: grab a yogurt with berries and chopped nuts for snack or make a tempeh and vegetable stir-fry for dinner.<sup>3</sup>



## EAT FOODS WITH POLYPHENOLS

Eating foods that contain polyphenols, like berries, nuts or seeds, may positively influence your health with the added benefit of fiber to feed your gut microbiota. Try adding these foods on top of salads or grabbing a handful for a quick snack.<sup>4</sup>

## EAT MORE PLANTS

Getting more plants on your plate is a simple way to increase fiber. An easy way to do this - add fruits and vegetables into smoothies.<sup>1</sup>



# GUT FEELINGS

## MANAGE YOUR STRESS

Incorporate stress-management strategies into your daily routines. Try slow deep breathing or meditation a few times during the day.<sup>5</sup>



## CHEW MINDFULLY

Chewing is the step of digestion that we directly control. Take your time, chew food completely and enjoy the experience of eating.

## EAT WITH INTENTION

Before, during and after eating, listen to your body's hunger & fullness cues. Make sure you're not eating too quickly and pay attention to how the food makes you feel after a snack or meal.





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Updated April 2025