

GUT INSTINCTS

YOUR MICROBIOME, YOUR MOOD, YOUR METABOLISM

Your gut houses trillions of **microbes, bacteria, viruses, and fungi** that **help digest food, produce vitamins, train your immune system,** and send messages to your brain. This community, called the microbiome, shifts quickly in response to what you eat, how stressed you are, how much you move, and how well you sleep.

One of the most powerful levers you control is dietary fiber. Many gut bacteria feed on fiber and, in return, produce short-chain fatty acids (SCFAs) that reduce inflammation, strengthen the gut barrier, and support metabolic and immune health. That means even a few extra grams of fiber per day can matter.

FEED YOUR GUT FOR BETTER HEALTH:

Choose a variety of fiber-rich foods such as **vegetables, fruits, beans, lentils, oats, nuts,** and seeds. **Different plant foods support different types of beneficial gut bacteria.**

Fermented foods like **yogurt, kefir, sauerkraut,** and **kimchi** add beneficial microbes, while prebiotic foods such as onions, garlic, bananas, and oats help feed them.

Regular physical activity also supports gut health, while chronic stress can negatively impact digestion and the gut microbiome.

**You don't need a "perfect gut diet" or expensive supplements.
Your microbiome responds to consistent, everyday choices.**

Rodriguez, C. I., Isobe, K., & Jennifer. (2024). Short-term dietary fiber interventions produce consistent gut microbiome responses across studies. *MSystems*. <https://doi.org/10.1128/msystems.00133-24>