

Digestive Health



Today many people suffer from various gastrointestinal (GI) issues. In some cases it may be a genetic disorder, however, in most cases it may be your dietary choices. What you eat can impact your digestive tract as well as the lifestyle choice you make. It is important to be aware of food intolerances by keeping a food log to have a better understanding of your own body's reaction to food. Below are some tips to keep your digestive tract healthy.

Eat more yogurt-yogurt contains healthy bacteria that help that helps to digest food and to prevent stomach infections. Enjoy low fat or fat free yogurt. Be careful of added sugar as many yogurts can have up to 40 grams of sugar per serving, which is equivalent to 10 teaspoons of sugar! Now that's a lot of sugar!

Increase your fiber-Fiber helps promote regularity. Include 25-35 grams per day for digestive health! Include fruits, vegetables, whole grains and beans as a good source of fiber. However, know your body. Keep a food log to monitor any food intolerances.

Cut back on caffeine-limit your intake of chocolate, coffee and other caffeinated beverages. Choose naturally decaffeinated tea and water. Try carob as a substitute for chocolate only in MODERATION!

Limit your intake of high fat foods-high fat foods can agitate your digestive tract and lead to GI problems. Choose lean protein such as fish, poultry without skin and fat free dairy products. Cut back on butter, margarine and oil.

Quit smoking-In general, quitting smoking is important for your health. However, nicotine can also affect you bowels.

Exercise-exercise can help promote regularity by toning the intestines. Include at least 30 minutes most days of moderate activity such as brisk walking, swimming, dancing, yoga, pilates or biking.