



What About Gut Health?

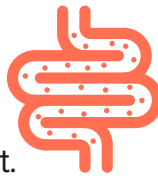
Gut health is important and goes beyond good digestion. Eating whole grains, like wheat, can positively impact gut health by helping achieve a balanced microbiome. This in turn, can impact overall health and lead to long-term health benefits.



Let's take a closer look at gut health and how our dietary patterns can make a big impact.

WHAT IS GUT HEALTH?

- Traditionally, in a clinical setting, gut health is measured by factors like stool frequency and consistency, and the health of the cells that make up the digestive tract.
- Researchers are now beginning to measure gut health based on the type and diversity of bacteria found in the gut.
- A proper balance of bacteria – more beneficial bacteria and fewer opportunistic bacteria – is important for good gut health, and is increasingly being recognized as influencing overall health.
- However gut health is being measured, good gut health has been connected to brain health, immune health, and a lower risk of some chronic diseases.



DEFINITIONS

- **Microbe** – a very small organism. Bacteria, fungi and viruses are all different types of microbes.
- **Human microbiome** – all of the microbes that live in and on the human body. There are trillions of different microbes in and on your body.
- **Gut microbiome** – all of the different microbes that live inside the gastrointestinal tract.
- **Fermentation** – the breakdown of a substance by microorganisms. In your gut, this occurs when microbes break down fibre.

HOW DOES DIET IMPACT GUT HEALTH?

When we eat certain types of dietary fibre, they are fermented by microbes in our gut which produce short chain fatty acids (SCFAs). SCFAs do a lot for our gut health including:

- Create optimal conditions for good bacteria to grow
- Improve the integrity of gut barrier, providing protection
- Help in mineral absorption
- Provide energy for our gut bacteria and for us



GET TO KNOW THE BIOTICS

Prebiotics are a type of fibre that feed the good bacteria in your gut. Whole grains, whole wheat and beans are great sources of prebiotics.

Probiotics are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.¹ You can find probiotics in some yogurts or kefir, as well as in supplements.

Postbiotics are inactivated microbes or parts of microbes. Postbiotics are being explored for their health benefits.

EASY WAYS TO SUPPORT YOUR GUT HEALTH

- Add more beneficial bacteria to your diet. Probiotics can be found in some yogurts, kefir or as a supplement.
- Provide energy for your gut bacteria by adding prebiotic high fibre foods like whole grains, whole wheat, or beans.
- Add some prebiotic wheat bran to your favourite recipes or sprinkle on yogurt or cereal. A recent research review showed that as little as 6 g (or 2 Tbsp) of wheat bran per day promoted gut microbiota diversity.²

THERE'S MORE TO EXPLORE ➤

Researchers are examining gut health and how it impacts short- and long-term health outcomes. New research is emerging including a recent study on the role of dietary fibre and the impact on mental health and cognition.³

SOURCES OF PREBIOTICS



Whole grain or whole wheat bread



Oats



Beans



Sourdough bread

SOURCES OF PROBIOTICS



Yogurt



Kefir



Probiotic supplement



Find more emerging research on **gut health** visit:

whataboutwheat.ca

¹ <https://pubmed.ncbi.nlm.nih.gov/24912386/>

² <https://www.frontiersin.org/articles/10.3389/fnut.2019.00033/full>

³ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8719029/pdf/10.1177_1535370221995785.pdf