



appetite for digestive health information



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Take control of your health - starting today.

World Digestive Health Day is May 29th



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Do you eat to support your health?

What we eat can have a profound affect on our health. Food provides the nutritional building blocks to create muscle, empower thinking, repair damaged tissue, fight disease and support a healthy gut – and life.

May 29th is World Digestive Health Day

and this year's focus is on "Diet and the Gut". Follow the CDHF's social media campaign **#LoveYourTummy** all month long for expert advice on how to eat for good health. Look for info on [fibre](#), [pre and probiotics](#) and more.

Eating to Support a Happy, Healthy Gut -- and Life!

Your body is home to trillions of microorganisms. Living in and on you, these tiny visitors are collectively referred to as your [microbiota](#). They can help you digest food, protect from harmful organisms, and influence your mood and energy.

How well your microbiota thrives is influenced by what you eat.

The following foods foster a happy, healthy gut. When making food choices try to add:

- **High fibre foods:** microbes rely on complex carbohydrates found in plant materials, legumes, whole grains, fruits and vegetables which are high in dietary fibre. And, don't forget to eat the skin – that's where all the food for your microbes is!
- **Fermented foods:** pickles, kimchi, sauerkraut, and fermented meats contain naturally occurring probiotics. These can help seed your gut with healthy bacteria to keep your microbes happy.
- **Whole, natural foods:** Vegetables and low-sugar fruits feed your microbiota. Avoid processed foods and foods that contain additives, colouring and emulsifiers.

Probiotics - the Perfect Presents for your Gut

To improve your health, consider adding probiotics to your diet. Probiotics can be found in dietary supplements as well as the foods listed above.

Consuming probiotics support overall health, contribute to healthy bowel movements, and improve the symptoms of common digestive disorders such as Irritable Bowel Syndrome (IBS). Not all probiotics are considered equal so be sure to consult with your health care advisor about which pre and probiotics will best help support your health goals.

[Learn even more about probiotics now](#)



Join us for your best ride yet!

We want you to join us for the fun, excitement and personal satisfaction of cycling with CDHF's RISE Revolution Cycling team through the beautiful hills and valleys of Collingwood, ON. Every year a growing crew rides with us to support the good health of family, friends and communities across the country.

More than just another ride:

As a member of our team, you'll enjoy fabulous rewards including:

- RISE Reception held in your honour
- RISE Revolution Swag
- Opportunities to WIN great PRIZES

Choose the route you ride:

- 100 mile ride on **Sat. Sept. 17**
- 50 mile ride on **Sat. Sept. 17**
- 25 mile ride on **Sun. Sept. 18**

- [Register Now!](#)





UNDERSTAND. TAKE CONTROL. LIVE BETTER.
Helping you take control of your digestive health with confidence & optimism.

**DONATE
TODAY**

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