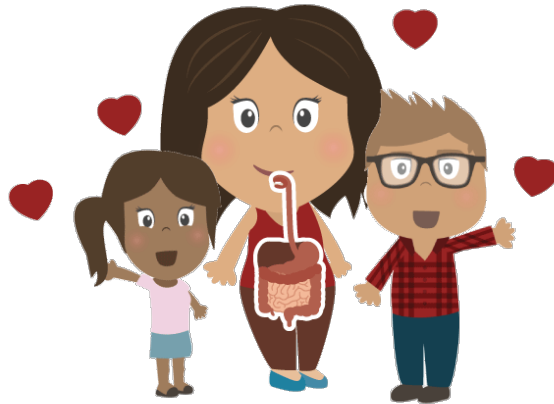


appetite for digestive health information



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February is the month of L.O.V.E!

As we celebrate those we love, let's also embrace the beautiful system that fuels our lives - our digestive tract!

There are many ways you can love your tummy this month to make it the best Valentine's Day yet!

1. LOVE your Microbes

Did you know trillions of microorganisms call your digestive tract home? Known as your gut microbiota, this ecosystem is critical to your health. Your microbiota community helps you digest food, fight disease and stay healthy.

While we ingest PRObiotics that support the diversity of our microbiota, we also want to consume PREbiotics which are food for probiotics and our microbiota.

[Watch our short animation to understand how pre and probiotics benefit your microbiota and health.](#)



2. LOVE your tummy by consuming fibre!

Fibre is an important part of a healthy, balanced diet, and yet Canadians don't consume enough of it. Famously known for improving regularity, fibre offers a number of other health benefits. Try gradually increasing your fibre intake and drink an adequate amount of fluids as your fibre intake increases. This will help prevent gas, bloating and diarrhea.

There are different types of fibre, which include:

1. Dietary Fibres come from plant foods that your body cannot digest or absorb.
Dietary Fibre is found in:

- Vegetables and fruits

[Watch Sandra Saville, registered dietitian's educational presentation to learn more about fibre and your digestive health:](#)

- Legumes (peas, beans and lentils)
- Whole grain breads, pastas and cereals
- Nuts and seeds

2. Functional Fibres are extracted from natural plant sources and are used to boost the fibre content of certain foods and drinks. Functional fibre is found in:

- Oat bran
- Psyllium
- Probiotics

NEW IBS INFOGRAPHIC

Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder that is associated with abdominal pain, gas, bloating and altered bowel habits including diarrhea and/or constipation. If you have IBS, taking steps to manage your symptoms can help you live symptom-free.

First up: adjust your diet and lifestyle by boosting your fibre intake, limit caffeine intake, manage stress, and if you need to have a bowel movement, don't hold it!

[Download and share our infographic for more ways to manage IBS.](#)



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