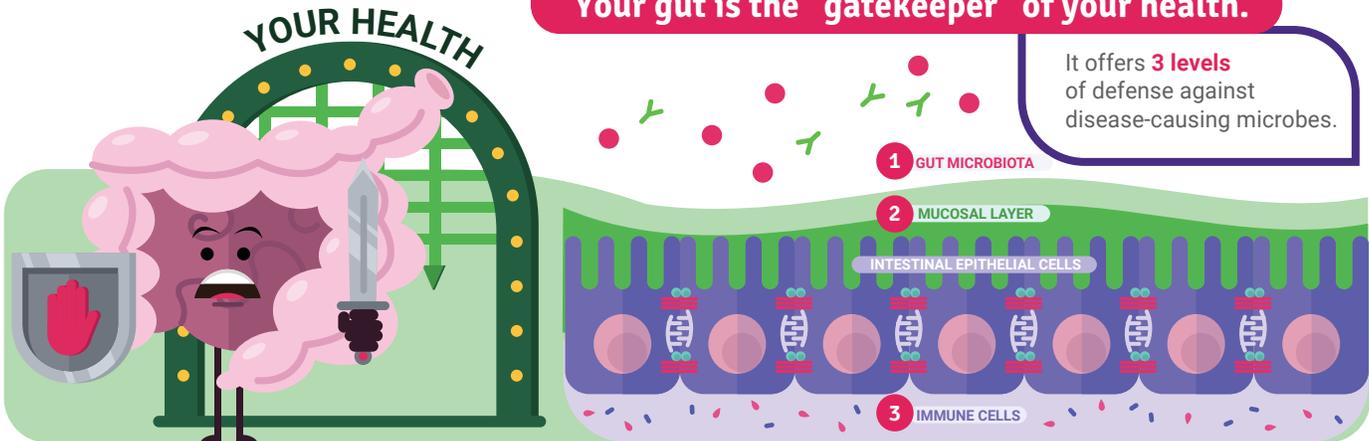


How Nutrition Can Support Gut Health & the Immune System

Having a healthy gut plays an important role in having a strong immune system. The immune system relies on microbes in the gut to stay in proper working order.

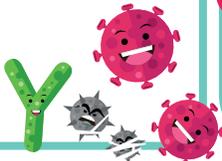
Your gut is the "gatekeeper" of your health.



It offers **3 levels** of defense against disease-causing microbes.

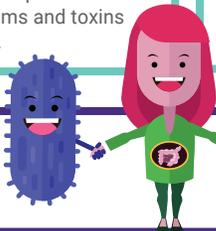
1. Gut Microbiota

It crowds out harmful bacteria by competing for space and food.



2. Mucosal Layer

Mucosal cells provide a physical and biochemical barrier that prevents harmful microorganisms and toxins from entering the gut.



3. Immune Cells

About **70% of the body's immune system is located in the gut.**¹ Immune cells identify and neutralize harmful substances.



Immune cells in the gut interact with the gut microbiota and are directly influenced by our **diet and lifestyle.**

Those gut microbes are healthiest and support strong immunity when we consume a **healthy, balanced, diverse diet.**

Having a healthy, diverse diet with a variety of foods will help you get the nutrients you need:

| | | | | | | | | | |
|-----------|------------|------------|-------------|-----------|-----------|------|------|--------|----------|
| | | | | | | | | | |
| VITAMIN A | VITAMIN B6 | VITAMIN B9 | VITAMIN B12 | VITAMIN C | VITAMIN D | ZINC | IRON | COPPER | SELENIUM |

Some foods can particularly **strengthen the gut microbiota.** These include:

- 1 Fermented foods with live cultures**
- 2 Fermented foods that contain certain probiotics**
- 3 Prebiotics found in certain vegetables & fruit**

The more diverse the diet, the more diverse the microbiota.



Flexitarian dietary patterns, like the Mediterranean diet, have been linked to greater microbial diversity.^{2,3}

Speak with a registered dietitian to ensure you are having a healthy diverse diet and all the nutrients you need.