

# Top Tips for Tummy Health



Eat smaller and more frequent meals without increasing overall calorie intake. Don't forget to have breakfast and avoid large meals at night. The last meal should finish no later than 2 hours before bedtime.



Select lean meats such as skinless chicken, turkey, or lean cuts of beef, pork or lamb.



Include more high fibre protein sources like legumes, plain nuts and seeds.



Consume products that contain prebiotics and probiotics such as active culture yogurt, kefir, bananas, whole grain breads, asparagus, prebiotic and probiotic supplements.



Drink plenty of water each day while decreasing your intake of caffeinated alcoholic, and sugar-richer artificially sweetened beverages such as pop and fruit juice.



Take your time when eating to chew food slowly and well.



**AVOID** foods that are greasy, high in animal fat, and fried.



Practice a healthy lifestyle, exercise regularly and do not smoke.



Maintain a healthy body mass index: aim to achieve your ideal body weight.

This resource is for information and education purposes, not intended to replace the advice of a healthcare professional. Consult your healthcare provider for specific strategies to meet your personal needs.



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