


Gut Health Habit Tracker

WEEK COMMENCING:

___/___/___

Designed for healthcare professionals

Small changes to your diet and lifestyle can have a big impact on your gut health. Use this weekly tracker to monitor these 5 key gut health habits.

Check-off each day that you meet the habit goal 



Diet Diversity

Count your plant points to increase your diet diversity



Why is a diverse diet important?

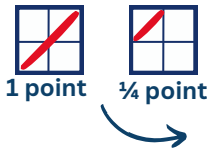
The gut microbiota adapts according to the foods we eat.¹ Consuming a high fibre diet with a variety of plants ‘feeds’ the bacteria in our gut. This can increase the number and types of beneficial bacteria (e.g., lactobacilli and bifidobacteria) residing there. Aim to eat 30 ‘plant points’ per week as research suggests that those who eat >30 different types of plants per week have a more diverse gut microbiome compared to those who eat <10 plants.²

Goal: eat 30 plant points per week

- 1 point per type and colour of plant
- ¼ point for herbs/spices/tea/coffee/EVOO



Learn more about diet diversity



Mindfulness



Goal: 10 mins of daily mindfulness

Mindfulness is the act of being intentionally present, allowing us to feel calmer and less stressed.³ It has been associated with improved physical, mental and gut health.⁴ Mindfulness can alter the gut microbiota composition in such a way that could help to reduce symptoms of anxiety and depression.⁴

Try these mindful activities



Exercise



Goal: 30 mins of daily exercise

Exercise independently increases the diversity of your gut microbiota and increases the growth of beneficial bacteria in the gut, both of which can support immune function.⁵ Activities can include walking, cycling and housework.

Simple ways to get more active



Hydrate



Goal: 8+ glasses of fluid daily

In our busy working lives, it’s easy to forget to stay hydrated. Hydration is important for digestion and overall gut health.⁶ Check-off when you drink 8 or more glasses of fluid a day - this includes tea and coffee.

Tips to optimise your hydration



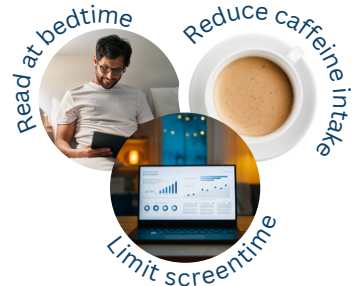
Sleep



Goal: 7-9 hours of sleep

Irregular sleep patterns are associated with poorer diet quality, inflammation and reduced gut microbiota diversity.⁷ Getting enough good quality sleep could improve your gut health, and vice versa.

Methods to improve your sleep



References

- 1) De Angelis et al. (2019). *Cur Med Chem*, 26(19): 3567-83.
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- 3) Sun et al. (2023). *Gen Psychiatr*, 36(1): e100893.
- 4) Zhang et al. (2021). *Br Med Bull*, 138(1): 41-57.
- 5) Monda et al. (2017). *Oxid Med Cell Longev*, e3831972.
- 6) Popkin et al. (2010). *Nutr Rev*, 68(8): 439.
- 7) Bermingham et al. (2023). *Eur J Nutr*, 62(8): 3135-47.

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