

# Looking after our intestinal flora

The bowel contains our so-called microbiome, which is a community of countless microorganisms. With the right diet we can help the "good" bacteria among them there to thrive.

## Influencing our well-being

The composition of the bacteria in the bowel influences our well-being in many ways – from our performance and immune system, through the response to inflammation, to our body weight or mental health. Supporting the friendly bacteria in the gut also improves your health.

## Fibre does you good

Plant-based foods with lots of colourful vegetables, wholegrain cereals/wholemeal bread, pulses, fruit, nuts and mushrooms all contain plenty of fibre. Partly indigestible, they arrive in the colon, where they supply the good bacteria there with a source of food and help regulate the digestion. Fibre also includes what are known as prebiotics.

## Probiotics as handy helpers

Foods containing live microorganisms are known as probiotics. They too have a positive impact on the intestinal flora and should be consumed regularly, preferably every day. Probiotics can be found for example in yoghurt, kefir, buttermilk, whey or fermented raw vegetables like sauerkraut.

## Ready meals and sugar are best avoided

Highly processed foods should be eaten as little as possible as they generally also contain a lot of sugar, preservatives and additives. They encourage the growth of less friendly bacteria and can cause undesirable health issues.

