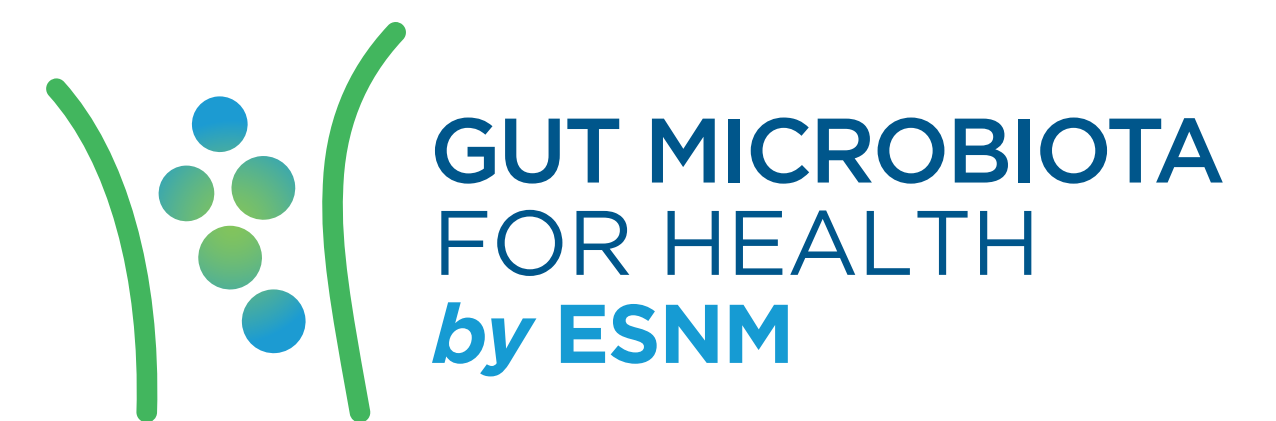


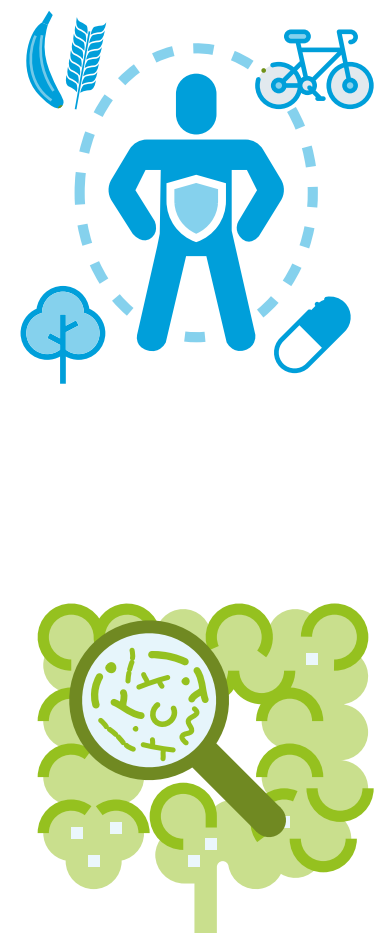
Diversity matters for health

Find out how to maintain a diverse microbiota through diet.

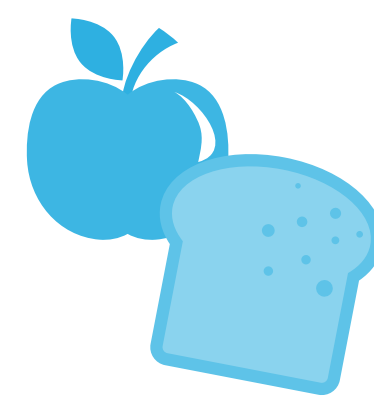


Although gut microbiota has a genetic component

diet, lifestyle, environment and antibiotics influence gut microbiota composition the most. ^(1,2,3)



What you eat can impact the gut microbiota



within 24 hours of a dietary change.⁽⁴⁾

The more diverse the diet,

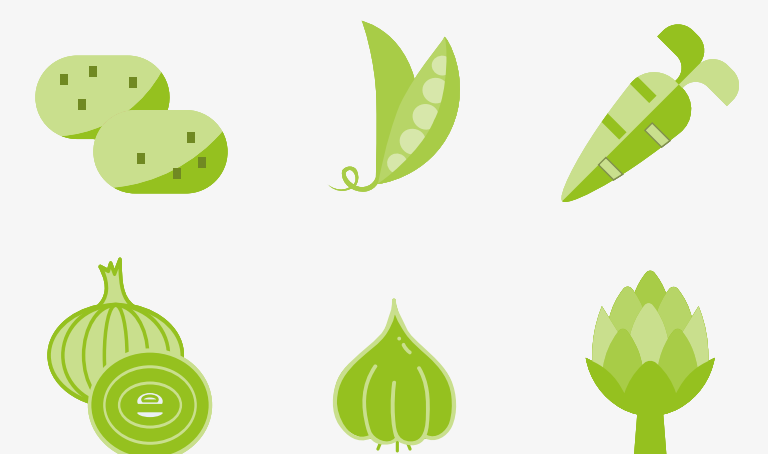


the more diverse the microbiota.

How do you eat your way to a diverse microbiota?^(5,6,7)

Include dietary fibers that can be metabolically used by gut microbes

Cooked and cooled potatoes, legumes and root vegetables, onions, garlic, bananas, chicory root, and artichokes.



Add probiotic foods

such as fermented milk, yogurt and kefir.



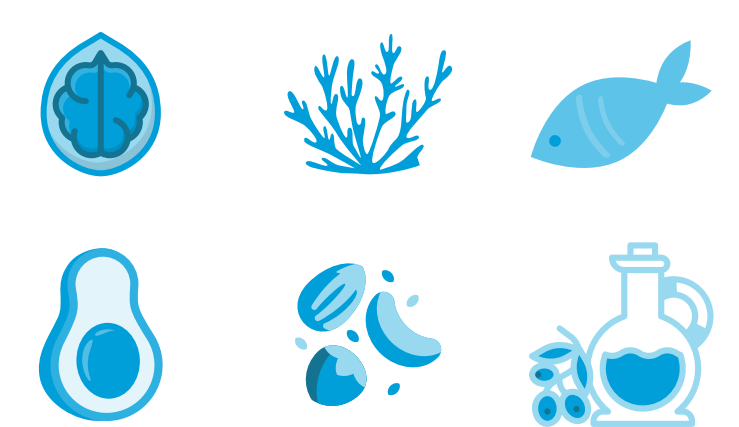
Choose a balanced amount of animal and plant-based proteins

plant-based (legumes, nuts and seeds) and animal-based (meat, fish, shellfish, eggs and dairy products).



Include foods rich in omega-3 and omega-6 fatty acids

omega-3: walnuts, flax seeds, algae and oily fish; omega-6: avocado, nuts, seeds and vegetable oils (except for palm and coconut oil).



Eat plenty of vitamins and minerals

found in a variety of animal foods, in fruits and vegetables, wholegrain cereals, nuts and legumes, such as beans or lentils.



Diversity matters on the plate and in the gut!



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