



YOUR GUIDE TO BUDGET-FRIENDLY GUT HEALTH

Unlock the secrets to a healthier digestive system without breaking the bank. Learn expert strategies for affordable gut-friendly nutrition from a seasoned dietician.

Maintaining gut health doesn't have to be costly. By adding probiotic-rich foods and fibre to your diet, you can promote gut health affordably and effectively. Monique Bailey, a Clinical, Renal and Pediatric Dietitian at Dieticians @Health, shares insightful tips and strategies for nourishing your gut on a budget.

BOOST YOUR IMMUNE SYSTEM WITH ECONOMICAL PROBIOTICS

Monique emphasises the importance of incorporating probiotic-rich foods into your diet. 'Consuming gut-friendly probiotics daily greatly benefits a robust immune system, with plenty of options available that are easy on the pocket.'

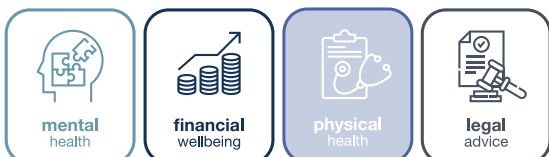
She highlights the versatility and nutritional value of plain yoghurt, in particular. Additionally, Monique recommends kombucha, a fermented tea, as a refreshing alternative to sugary beverages.

Fermented cabbage foods like sauerkraut and kimchi are also affordable options packed with beneficial bacteria.

Regarding the effectiveness of these foods, Monique stresses their role in promoting gut health for healthy individuals. However, she advises consulting with a dietitian for personalised advice or specific health concerns. When choosing fermented vegetables, Monique recommends opting for refrigerated options to ensure probiotic viability.

KEEP YOUR BODY REGULAR WITH FIBRE-PACKED FOODS

'Fibre plays multiple roles in keeping the gut healthy,' Monique explains. 'It's probably best known for regulating bowel movements by increasing stool bulk and facilitating their movement through the digestive tract.' She suggests incorporating fibre-rich whole grains, fruits, and vegetables into your diet, and also highlights accessible sources of fibre such as allium vegetables (garlic, onion, leeks, spring onions and chives), lentils, and beans.



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PRACTICAL TIPS FOR GUT-FRIENDLY MEAL PLANNING

Monique offers practical suggestions for meal planning on a budget. 'I recommend buying a full tub of plain yoghurt as opposed to a six-pack for better value. For breakfast, you can up the flavour of cooked oats with cinnamon, peanut butter, and grated apple for a delicious and fibre-rich option,' she says. Another gut-friendly ingredient she recommends is dried brown lentils, which require no soaking and can be prepared in as little as 20 minutes.

They are a great addition to brown rice and mince-based meals, adding bulk without extending preparation time. Monique also recommends incorporating pilchards in tomato sauce into pasta for a well-balanced meal, and suggests adding grated carrots and baby marrows for extra nutrition and flavour.

ADDITIONAL RECOMMENDATIONS

Monique underscores the importance of hydration for gut health, recommending that you aim for at least eight glasses of water a day. She also suggests incorporating fatty fish, such as tuna and sardines, due to their high omega-3 content, which supports gut health. Avoid processed and fried foods, opting instead for whole foods like whole grains, fruits, and vegetables.

COST-EFFECTIVE ALTERNATIVES TO SUPPLEMENTS

'While there is a place for a good-quality probiotic supplement – for example, after taking a course of antibiotics – a healthy diet plays a much bigger role in improving and maintaining gut health,' says Monique. 'By focusing on affordable, nutrient-rich foods, you can effectively nourish your gut without relying on expensive supplements,' she assures.

The information is shared on condition that readers will make their own determination, including seeking advice from a professional. E&OE.



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