

TOP TIP

Foods that help create a healthy gut are prebiotics (fibre-rich foods) and probiotics (fermented foods). Diets high in fast food, sugar, processed foods and excessive alcohol can decrease gut health. Good sources of prebiotics are fruits, vegetables, legumes and grains. Good sources of probiotics are yoghurt with live cultures, buttermilk, kefir, kombucha, sauerkraut and tempeh.

TRY ME!



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za