



# Nutrition Education

## Foods for Digestive Health



### Did you know?

Aside from nutrition, managing stress and increasing exercise is beneficial to your overall digestive health.

Our digestive system is important because it helps to break down foods and drinks into nutrients. Our body then uses the nutrients to do many activities such as providing energy to helping heal wounds. Certain foods and drinks have more nutritional benefits than others. Achieving and maintaining good nutrition is a key component to managing the digestive system.

### Which foods are good for the digestive system?

**Focus on Fiber:** Fiber helps to add bulk to stool and keep bowel movements regular.

***Foods high in fiber:*** Oats, beans, pears, raspberries, barley, avocado, chia seeds, whole grains and more.

**Water:** Don't forget to hydrate! Water and fiber work together and is necessary when increasing fiber in the diet.

**Probiotics:** Probiotics aid in digestion and help to promote healthy bacteria in the digestive system.

***Food high in probiotics:*** yogurt, kefir, miso, tempeh, sauerkraut, kimchi and more.

**Pineapple:** It contains an enzyme called Bromelain, which helps to break down proteins, therefore easing the digestion process.

**Eat whole foods:** Choose foods that are minimally processed such as whole fruits, vegetables, beans, lean meats, seafood, and more. Meanwhile try to avoid or limit highly processed foods that contain food additives, high in saturated or trans fats, and artificial sweeteners. Food that are highly processed have been linked to digestive disorders.



Sources: EatRight.org & EatingWell.com

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