

healthyfood GUIDE

7-DAY

Gut-health challenge

Boost
**YOUR BENEFICIAL
GUT BACTERIA**
FOR BETTER
IMMUNITY, MOOD,
WEIGHT & MORE

Plus! latest science, expert advice and dietitian-approved recipes

Milk causing tummy troubles?

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Naturally A1 protein free milk that may be kinder on some sensitive tummies



LEARN MORE



a2 Milk® is naturally A1 protein free, so it may be easier on digestion than ordinary milk for some milk intolerant individuals, when consumed as part of a healthy varied diet



Welcome

From the moment we're born, our gut microbiome's role in the body begins. There's still much to learn about the trillions of micro-organisms - bacteria, viruses and fungi - that exist in our gastrointestinal tract, but the science has already revealed some fascinating associations between them and the healthy functioning of just about every organ in the body.

Together, these micro-organisms make up what experts refer to as a virtual organ, and it's a key regulator of our health, affecting immunity, metabolism and neurobehaviour (how behaviour relates to nervous system function).

There is a wealth of research that shows the more diverse the make-up of our gut flora, the healthier it is.

This gut health challenge is your first step in improving that diversity, to help boost your overall health and well-being.

If you experience digestive issues, unintentional weight gain, low mood, fatigue, skin irritation, autoimmune conditions, cravings, trouble sleeping or just feel run down, your gut microbiome can probably do with a little help.

In just seven days you'll introduce healthy habits and simple dietary tweaks that can help your beneficial bacteria thrive. Keep it up beyond the first week and you'll have a set of lifelong behaviours that can help you reap the rewards of having a healthier gut.

Let's get started!



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It only takes a week to start your journey to better gut health.
Discover the dietary and lifestyle tweaks
that will help make it happen.

Our gut health influences our general health extensively. We know more about this now than ever before, so if you're keen to whip yours into shape - good thinking.

A healthy gut microbiome - the collection of bacteria, fungi and yeast that live in the gastrointestinal tract - can do everything from help improve immunity and sleep quality to protect against depression and bowel cancer. One study showed that when your gut is in good shape it can even make it easier to make healthier food choices.

The good news is it's possible to start improving your gut microbiome in a matter of days - and this 7-day gut reset challenge will show you how to begin.

The first thing to know is that a

healthy gut is one which contains a diverse range of microbes. A good way to achieve this diversity is to eat at least 30 different plant foods each week. A study of more than 10,000 participants found those who did get the full 30 had much more diverse gut bacteria than people who consumed just 10 types of plant foods weekly.

To help ensure you're hitting that target, we've included a handy daily hack in our challenge.

And to back that up, the Mediterranean-style diet forms an ideal foundation for the plan. Research shows that this kind of eating pattern increases the amount of total bacteria in the gut and supports the growth of beneficial varieties like *Lactobacillus* and *Bifidobacterium*.

The gut plays a key role in immunity and hormone regulation

How to eat 30 plants a week

Eating 30 different plant foods each week may sound like a lot, but it's easy if you use *Healthy Food Guide* recipes. Plant foods include vegies, fruit, nuts, seeds, grains, rice, oats and legumes, and products derived from them like bread, tofu, hummus and extra-virgin olive oil.



Karen Fittall is a health writer who contributes to leading Australian wellness publications, brands and programs.

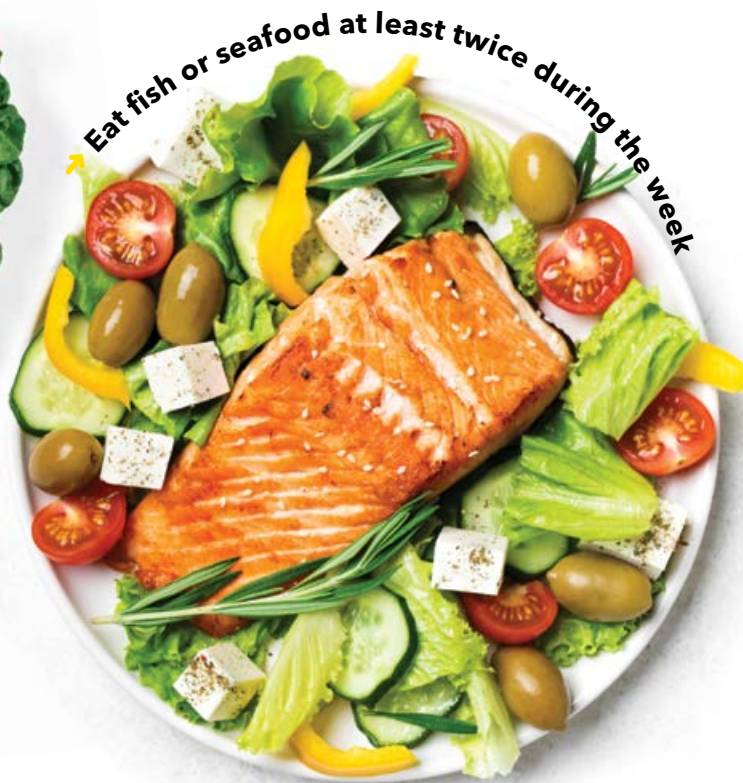
Tips to make your meals *Mediterranean*

By adopting the daily steps aimed at helping you eat at least 30 different plant foods, you'll already be leaning into the principles behind the Mediterranean diet, but while you're planning the week's meals, bear in mind these themes:



→ Veg in

Eat meals loaded with vegetables, fruits, whole grains and legumes.



→ Eat fish or seafood at least twice during the week



→ Lean protein

Eggs and chicken can be eaten in moderation.

→ Go easy

Enjoy red meat ideally at no more than two meals across the week.

→ The good oil

Include healthy fats, like extra-virgin olive oil, every day.

→ What about dairy?

Australian research suggests it's a helpful addition for gut health. One study showed that the combination of a Med-style eating pattern with extra dairy led to an increase in beneficial gut microbes and a decrease in bad ones.



How to reset your gut health in 7 days

After a bit of prep and planning to ensure you'll be eating Mediterranean-style meals across the week, you simply need to pick a weekend and make a start.

Remember that dietary changes can create significant shifts in gut health - good or bad - in as little as 48 hours. So while this challenge is an effective way to reboot your gut microbiome, it's following a gut-health-friendly lifestyle consistently - based on the habits and strategies you'll introduce this week - that will help your gut stay healthy in the long term.



DAY 1 SATURDAY



Make or buy a seed mix containing pumpkin, sesame, hemp, chia and flaxseeds. Use it as a topping for salads and cooked vegetables throughout the week.



Prebiotic fibres. By arriving in the large intestine undigested, these stimulate the growth and activity of the good bacteria that live there. Many of the foods suggested in this challenge are already naturally rich in prebiotic fibres, so as long as you stick with the plan you'll be on the right track. Other prebiotic-rich foods to work into your meals include garlic, beetroot, green peas, fennel, sweetcorn and lentils, along with grapefruit, custard apples and dates.

DO THIS



Even though it's the weekend, stick to your usual weekday wake-up time - and do the same on Sunday. That way you'll avoid social jetlag - where your circadian rhythm gets delayed due to waking up and going to bed later than during the week. Social jetlag can negatively affect gut health directly, but also

make it harder to get a good night's sleep, which can in turn disrupt the ratio of healthy-to-unhealthy bacteria living in your gut.

DAY 2 SUNDAY

30 PLANTS



Make or buy a nut mix, ideally including cashews and pistachios, for an extra hit of prebiotic fibre. Use it for snacks across the week.

EAT THIS TOO



A cold potato salad. Cooking and cooling potatoes bumps up their content of resistant starch. Like prebiotic fibres, resistant starch passes undigested through the

small intestine to feed the good bacteria in the large intestine. This generates short-chain fatty acids such as butyrate, which supports a healthy gut barrier.

DO THIS



Get active. Research shows that exercising regularly is a simple yet effective non-dietary way to increase your gut's volume of healthy bacteria while decreasing levels of less-healthy varieties at

the same time. A brisk walk, swimming or kicking a ball around with your friends (or kids) are free and easy ways to get started.



DAY 3 MONDAY

30 PLANTS



Grab a packet of mixed berries for the freezer. Use them to make a smoothie or defrost them for a porridge or cereal topping.

EAT THIS TOO



Herbs and spices. According to a 2022 study, adding just one teaspoon of these to your meals every day not only increases gut bacteria diversity, it also encourages an increase in a

particular variety that improves immune function and liver metabolism.

DO THIS



Commit to Meat-Free Monday, a movement that's all about making at least one day a week meat free. This will naturally nudge you towards eating more plant foods. Not only is this a cornerstone of the Mediterranean diet, eating more fruit and veggies helps create

that all-important bacterial diversity in the gut.

DAY 4 TUESDAY

30 PLANTS



Make a dish using a can of four bean mix. Look for a can that doesn't contain added salt and use it in a salad, soup, nachos, homemade baked beans or to bulk out a stew.

EAT THIS TOO



Fermented foods like kimchi, sauerkraut and kefir. Recent research confirms these contain probiotics - live bacteria that have health benefits and can

survive the digestive process to boost gut health. In a Stanford University study, people who ate a diet high in fermented foods enjoyed an increase in microbial diversity.

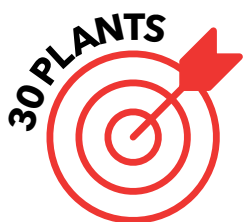
DO THIS



Limit ultra-processed foods. They're ones that are created using a series of industrial techniques and processes, and typically contain plenty of food additives and artificial flavours but little or no whole foods.

Examples include traditional fast foods and mass-produced and highly refined products such as packaged biscuits and chips, some frozen meals, sugary breakfast cereals and deli meats like ham and salami. Several studies show a connection between frequently consuming ultra-processed foods and a deterioration in gut health.

DAY 5 WEDNESDAY



Enjoy a fruit salad featuring at least five different types of seasonal fruit. Try combining apples, banana, kiwifruit, pears and oranges.

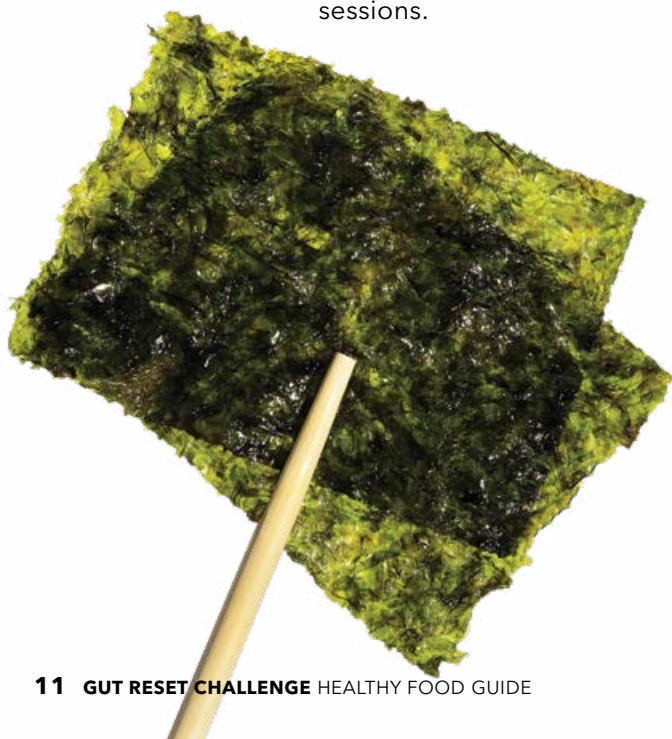


Whole grains. Research shows these can also modify and improve the makeup of the gut's population of bacteria. Boosting your intake of whole grains can be as simple as making some easy swaps. For example, instead of white bread choose wholegrain bread, switch white rice for brown, use wholemeal flour and pasta rather than white and eat oats rather than refined breakfast cereals.

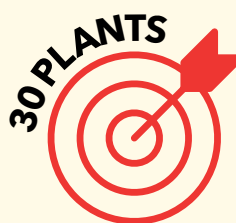
DO THIS



Practice mindfulness. It's another habit that's been linked to a significant improvement in gut-bacteria diversity, probably due to its stress-busting powers. If it's not something you're familiar with, check out Smiling Mind (smilingmind.com.au), a free mindfulness app that encourages daily 10-minute mindfulness sessions.



DAY 6 THURSDAY



Roast some different vegetables like carrots, sweet potato, parsnip, pumpkin and onions. Use as a base for a warm salad or blitz with veggie stock to make soup.



Seaweed. Research suggests it contains compounds that have a positive impact on gut bacteria, including some polysaccharides that are unique to seaweed and have

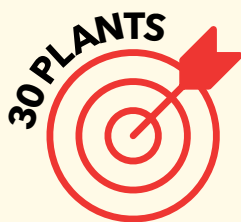
the potential to act as prebiotics. In addition to nori (the variety used to make sushi), try using dried dulse flakes as an alternative to salt, and enjoy the green wakame seaweed salad often sold in sushi restaurants. Use sparingly though, as it can be quite high in sodium.

DO THIS



Drink green tea. It's rich in antioxidant plant compounds called polyphenols that can benefit gut health. Not sure you like the taste? Instead of using boiling water, try a lower temperature as this can help deliver the tea's optimal flavour. Research shows that lower water temperatures can help extract more antioxidants from green tea too.

DAY 7 FRIDAY



Have a green day with as many different green veg as possible. Try a spinach and asparagus omelette for breakfast, mixed-leaf salad for lunch and green-vegie stir-fry for dinner.



Avocado. According to a US study, people who eat avocado daily have greater microbial diversity and a larger volume of microbes that break down fibre and produce substances that support gut health.

DO THIS



Take a 20-minute break in nature. Research shows this is an effective way to help lower levels of cortisol - a stress-related hormone that's also been shown to have a negative impact on gut health.

It doesn't matter whether it's spending time in your garden, a public park or just a green area in your neighbourhood, and it'll work whether you use the time to take a walk or simply sit peacefully.



5 signs YOU NEED TO RESET YOUR GUT HEALTH

Unfortunately, there isn't one specific measure or test you can take to assess your gut health, but there are some signs to look out for:

- 1 Digestive symptoms like bloating, heartburn, constipation or diarrhoea
- 2 Sleep disturbance including trouble falling asleep or staying asleep
- 3 Fatigue or lower than usual energy levels
- 4 Periods of high stress, low mood or anxiety
- 5 Frequent infections and illnesses that are persistent or hard to shake.





How your gut affects *your brain*

The link between the gut and brain health isn't new. Research has shown gut health affects mood, and that there's a link between specific gut bacteria and a lower risk of anxiety, stress-related symptoms and depression. One reason is that the gut, which is home to hundreds of millions of neurons and about 25 neurotransmitters, sends messages to the brain.

Until now, most of the focus on the gut-health/brain-health connection has centred on the 1.5kg of bacteria that live in your gut – and for good reason. As well as being able to send messages to the brain all on their own, bacteria also play a role in the production of your gut's neurotransmitters to the brain.

However, new research by Melbourne's RMIT University has revealed there's a brand new connection between your digestive system and your brain's health. It's called gut mucus, and looking after it might help protect you against some serious, yet common, neurodegenerative diseases.



Research into inflammation and compromised gut mucus has associated it with diseases such as Alzheimer's, Parkinson's and multiple sclerosis. One explanation is that inflammation damages the blood/brain barrier – the brain's defence against disease-causing bugs and toxins that might be circulating in the blood.

Associate Professor Hill-Yardin says the RMIT-based research, as well as focusing attention on reducing the risk of these brain diseases, also shines new light on something else.

"It's a new gut-brain connection that opens up fresh avenues for scientists to explore, as we search for ways to better treat disorders of the brain, by targeting our 'second brain' – the gut."

Feed your gut and protect your brain

With your gut's bacteria and mucus lining both playing a key role in brain health, it pays to do what you can to look after them. Luckily, that can be as simple as putting specific foods on your plate like those outlined in the ebook – and it turns out both gut bacteria and mucus have similar food 'tastes'.

Bacteria and mucus work closely together. In fact, bacteria can make or break just how healthy your gut mucus is; likewise, gut mucus kills certain types of bacteria, while acting as a valuable food source for other varieties.





Is goat's milk easier to digest than cow's milk?

Yes! Goat milk is often considered easier to digest than cow's milk. It has smaller fat globules, which may contribute to improved digestion. The protein structure in goat milk is also different, which can be gentler on the stomach for some individuals, making it a suitable alternative for those who may have difficulty with cow's milk.

This is just another great reason why parents choose Oli6®.



This has been amazing for my little boy!...After about a week or so, we noticed the changes!! His upset stomachs and constant reflux stopped.

Whitney, March 2024



Rated 4.9 out of 5

Oli6 Goat Milk Toddler Drink is a formulated supplementary food for young children for use as a supplement to a normal diet to address situations where energy and nutrients may not be adequate to meet a young child's requirements.



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** Available to Australian addresses only. One sample pack per family. Please note: Oli6® can only provide samples for 12 months and above.

HOW TO HIT YOUR

30+

a week

Science is just scratching the surface of the benefits of eating as wide a variety of plants as possible. *Healthy Food Guide* shows how to get your 30+ a week.

It's well established that loading up on fruit, vegetables, legumes, whole grains, nuts and seeds has many health benefits. One of the few things people across the nutrition spectrum agree on is we are better off eating more plant foods.

We've known for some time a plant-based, Mediterranean-style diet has many health benefits including lower risk of heart disease, diabetes, cancer and obesity. In recent years, researchers have looked at how a plant-based diet affects our gut bacteria.

Data from the *American Gut Study* suggest eating 30 or more different plants per week is associated with microbial diversity. The study also links eating more than 30 diverse plants per week with a reduction in antibiotic-resistant genes.

Thirty plants a week may sound a lot, but it's actually pretty easy, especially if you follow the *Healthy Food Guide* way of eating most of the time. On the following pages are some examples of how to achieve it. Include all these meals in your week and achieve more than 30 plants in a couple of days!

healthy food

1. pumpkin seeds



2. nuts



Breakfast bircher with...

4. chia



5. banana



6. oats



3. berries

plus
milk, yoghurt



To make bircher:

Soak oats, nuts and seeds overnight in milk or water. Serve with banana, berries and yoghurt.

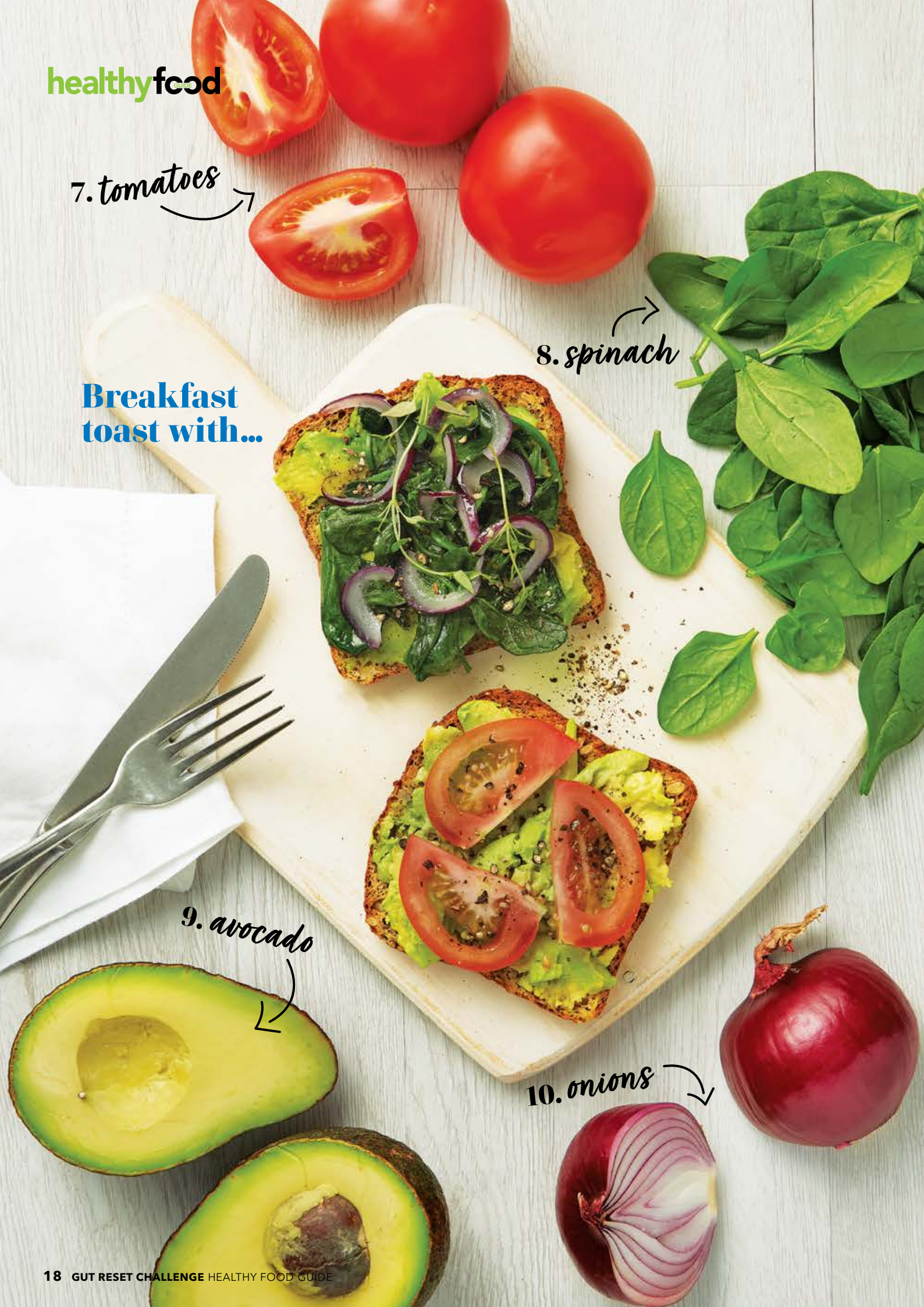
7. tomatoes

Breakfast toast with...

8. spinach

9. avocado

10. onions





11. capsicum



12. tofu



13. pickled zucchini

plus
chilli sauce,
sesame dressing

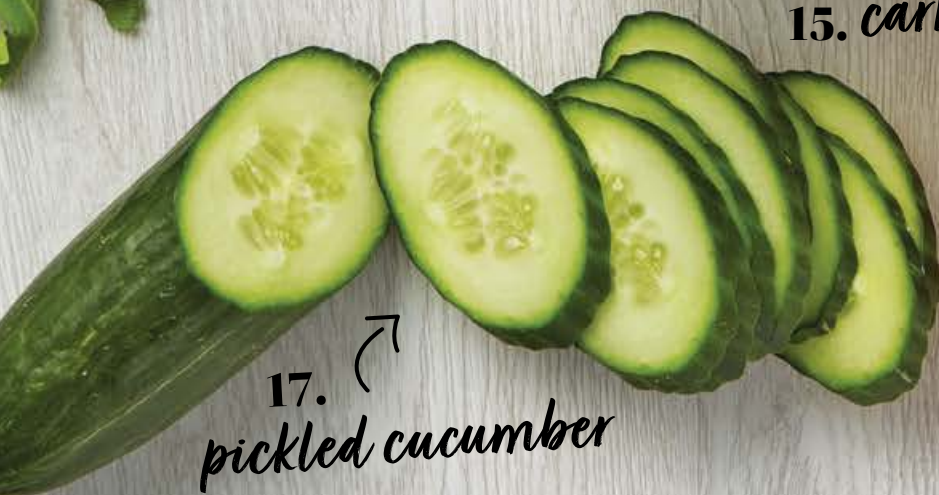
Lunch salad
jar with...



14. salad greens



16. buckwheat



17. pickled cucumber



15. carrots

18. corn

19. rocket

20. hummus
(chickpeas)

21. spring onions

Lunch pita pocket with...

22. slaw

23. chickpeas

24. potato

Dinner curry with...

25. canned
tomatoes

27. brown rice

28. peas

26. cauliflower

To make curry:

Fry onion, garlic, ginger and curry powder in a spray of oil. Add canned tomatoes, chickpeas, potatoes and cauli and simmer for 10 minutes. Add peas and serve with brown rice and yoghurt.

plus
curry spices,
onion, garlic,
yoghurt, stock

healthy food

29. sweet potato

30. herbs

31. broccoli

32. lentils

Dinner tray bake with...

33. garlic

34. green beans

35. beetroot

plus
paprika,
onion, oil,
chicken

To make bake:

Lay all ingredients on a baking tray, spray with oil and sprinkle with paprika. Bake at 180°C for 20 minutes.

healthy food

36. nut butter



37. peanuts



38. pumpkin soup



Snacks...

40. edamame



39. apple



41. baba ganoush



42. pear



43. bean dip



44. grapes



45. popcorn



46. orange



47. kiwifruit



48. celery



49. dates



50. pineapple





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FOR YOUR GUT



**DELICIOUS WRAPS WITH VITAMINS,
MINERALS & PREBIOTICS,
BENEFICIAL FOR YOUR GUT**





Thai cashew chicken

Serves **4** Prep **10 mins** Cook **15 mins**
 ✓dairy free ✓diabetes friendly

- 1 tablespoon **extra-virgin olive oil**
- 2 **red chillies**, thinly sliced
- 3 **cloves garlic**, thinly sliced
- 500g **chicken tenderloins**, cut into strips
- 4 **spring onions**, cut into 3cm batons
- 1 each **red, green and yellow capsicum**, cut into strips
- ½ cup **unsalted roasted cashews**
- Cooked brown rice**
- Fresh coriander leaves**
- Sauce**
- 1 tablespoon **oyster sauce**
- 2 teaspoons **reduced-salt soy sauce**
- ¼ cup **water**
- ½ **salt-reduced chicken stock cube**, crushed

- 1** In a small bowl, combine the sauce ingredients.
- 2** Place oil in a wok and set over over medium heat. Add chilli and garlic and cook, stirring, for 3 minutes until soft. Transfer mixture to bowl. Add chicken to pan and cook for 5 minutes until browned. Add spring onions and capsicums and cook for a further 3 minutes until vegetables are cooked.
- 3** Add sauce ingredients, chilli/garlic mixture and cashews to the pan and cook for a further 5 minutes until the sauce has thickened slightly.
- 4** Serve with brown rice and coriander leaves.



PER SERVE	
2364kJ/565cal	Sugars 13.3g
Protein 35.5g	Fibre 9.5g
Total fat 25.2g	Sodium 497mg
Sat fat 5.9g	Calcium 56mg
Carbs 44.4g	Iron 3mg



Vegetarian tacos with avocado salsa

Serves **4 (2 tacos per person)** Prep **15 mins** Cook **20 mins**

✓gluten free ✓vegetarian

1 tablespoon extra-virgin olive oil

1 onion, finely diced

3 cloves garlic, crushed

1 red capsicum, diced

2 long red chillies, finely sliced (use less for a milder flavour)

1 teaspoon each of ground cumin, ground coriander and smoked paprika

400g can reduced-salt chopped tomatoes

400g can no-added-salt kidney beans or black beans, drained and rinsed

2 corn cobs, husks and silk removed

1 small avocado, diced

½ small red onion, diced

250g cherry tomatoes, quartered

2 tablespoons lime or lemon juice

1 tablespoon extra-virgin olive oil

8 small corn tortillas, warmed

2 cups shredded iceberg or butter lettuce

50g reduced-fat cheese, grated

1 In a large heavy-based pan, heat 1 teaspoon of the extra-virgin olive oil over a medium heat. Add the onion and cook, stirring, for 3-5 minutes until browned. Add ⅓ of the garlic, the capsicum, 1 of the chillies and spices. Cook, stirring, for 2 minutes. Add the canned tomatoes and beans, then simmer for 15-20 minutes, stirring occasionally.

2 Meanwhile, set a chargrill pan over high heat or heat a barbecue hotplate to high. Grill corn, turning, for 8-10 minutes, until lightly charred

and tender. Set aside to cool slightly, then cut kernels from the cob.

3 In a medium bowl, combine remaining garlic, chilli, corn, avocado, red onion and tomatoes with lime juice and remaining olive oil.

4 Heat the tortillas according to packet instructions.

5 To assemble tacos, scatter shredded lettuce over warmed tortillas. Spoon over chilli bean mix, top with grated cheese and sprinkle over avocado salsa.



PER SERVE

2642kJ/629cal
Protein 21.4g
Total fat 20.6g
Sat fat 4.9g
Carbs 79.8g

Sugars 16.4g
Fibre 22.0g
Sodium 176.8mg
Calcium >214.8mg
Iron >3.9mg



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APPLES



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COLOURS



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HOT APPLE CIDER DRINK
WITH MAPLE SYRUP & SPICES

ALSO PERFECT FOR SALAD DRESSINGS &
MARINADES OR ENJOY AS REFRESHING DRINK
WITH SPARKLING WATER

SCAN
HERE



FOR
RECIPE
IDEAS



Tiramisu overnight oats

Serves **1** Time to make **10 mins, plus overnight chilling**
 ✓vegetarian ✓diabetes friendly

- 1/3 cup **rolled oats**
- 1/3 cup **reduced-fat milk**
(or plant-based alternative)
- 1 **tablespoon chia seeds**
- 2 **tablespoons prepared coffee**
(espresso is best)
- 1 **teaspoon honey**
- 1/2 **teaspoon vanilla essence**
(optional)
- 1/3 cup **low-fat, no-added-sugar crème brûlée or vanilla yoghurt**
(we use Isey Skyr or Activia vanilla)
- Cocoa powder**, to garnish

- 1** In a medium bowl, place oats, milk, chia, coffee, honey and vanilla, if using. Stir well to combine. Cover and place in the fridge overnight.
- 2** Pour two-thirds of the oat mixture into a glass. Add half of the yoghurt to make a layer, then add the remaining oats. Finish with a final layer of remaining yoghurt. Sift cocoa powder over top to finish. **hfg**



PER SERVE	
1231kJ/294cal	Sugars 22.4g
Protein 12.8g	Fibre 7.5g
Total fat 8.8g	Sodium 84mg
Sat fat 2.1g	Calcium 348mg
Carbs 36.9g	Iron 2.2mg

TRY NEW



The best thing since ... ever



5 STAR HEALTH



5 STAR TASTE