



10 GLOBAL NUTRITIONAL RECOMMENDATIONS to improve digestive health

- 1 Eat smaller and more frequent meals without increasing overall calorie intake: 4-5 smaller meals rather than 2-3 large meals per day.
- 2 Include fiber from food sources, such as 5 portions of fruit and vegetables a day and increase daily consumption of whole grains and/or legumes.
- 3 Increase intake of fish: 3 to 5 times per week.
- 4 Reduce intake of higher fat, greasy and fried foods.
- 5 Consume fermented dairy products, especially probiotics with proven benefits on digestive health.



- 6 Preferentially select meats with lower fat content such as chicken, turkey, rabbit... or lean cuts of beef, pork, or lamb.
- 7 Increase intake of water "2 litres of drinking water/day" while decreasing intake of caffeinated, alcoholic and sugar rich beverages.
- 8 Take adequate time for eating and chew food slowly and well.
- 9 Practice a healthy lifestyle including regular exercise and abstaining from smoking.
- 10 Maintain a healthy body mass index; obese individuals experience more digestive disorders.



World Digestive Health Day

May 29th 2008

World Gastroenterology Organisation

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