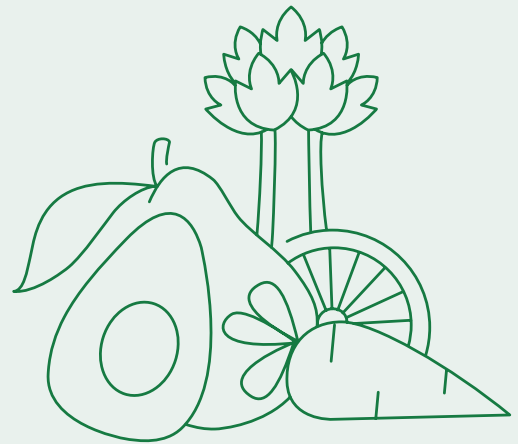


Go with your gut and Australian avocados

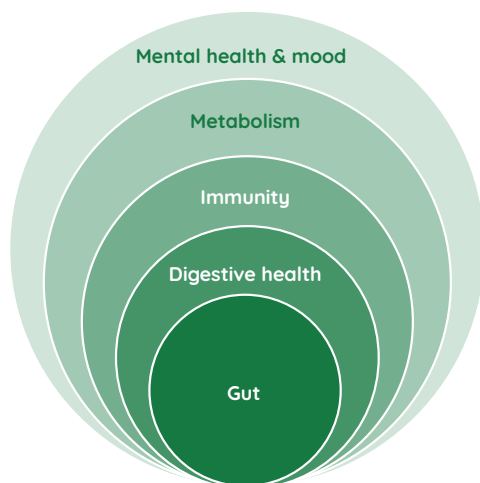
Avocados are good to eat and good for you. They are rich in nutrients and contain healthy fats, vitamins and antioxidants, but did you know they are also good for your gut?



Gut health - what's the story?

The state of your gut and the microbes that live there have far reaching effects beyond the digestive system, including effects on mental health, immunity and metabolism.

Looking after your gut is an important way to look after your overall wellbeing!



The gut-brain connection

Your gut is well connected to your brain and can affect mental wellbeing and mood. This two-way connection is called the gut-brain axis and it's like a freeway of messages flowing in both directions.²

The gut is so influential on mind and mood it is called the second brain³

Ensure a good gut-brain connection with

- Regular exercise
- A balanced, plant-based, high fibre diet

- Good mental wellbeing resilience strategies:
 - stress management
 - nurturing relationships
 - practising gratitude
 - helping others
 - seeking help yourself when you need it

Microbes- the community within

Did you know? Your gut is home to trillions of microbes including bacteria

When this community is in balance, life is rosy. But when the bad microbes take over, the body and mind can suffer. A healthy lifestyle helps tip the balance in your favour, and what you eat has a significant effect.⁴

Gut-friendly food

Your gut loves a variety of different dietary fibres from a range of plant foods. They help you feel satisfied after eating so you don't overeat. Some fibres are called prebiotics because they stimulate beneficial bacteria in the gut.

A plant-based diet that includes avocado is also a gut-friendly diet⁵

An avocado contains 3.2g⁶ of fibre per serve, including 1.5g of soluble fibre⁷

Try this delicious, simple high fibre recipe using Australian avocados.

[Avocado and Tuna Brown Rice Poke Bowl](#) (15g fibre per serve). Perfect lunch or dinner.



Different types of fibre

There are three main types of fibre in the diet:

1. Insoluble fibre or 'roughage' prevents constipation and enables stools to sweep the gut clean
2. Soluble fibre helps manage blood glucose and blood cholesterol levels
3. Resistant starch provides food for gut microbes

Plant foods that nurture your gut

Whole grains	Wholemeal bread, whole grain crispbread/crackers, brown rice, wholemeal pasta, whole grain breakfast cereals and more	Choose 'wholemeal' or 'whole grain'
Fruits and vegetables	Avocado, apple, orange, banana and more. Carrot, potato, onion, broccoli and more	Go for 2 fruit & 5 veg every day
Legumes and pulses	Lentils, chickpeas, soy beans, kidney beans, white beans, baked beans, split peas and more	Add legumes and pulses to meals
Nuts and seeds	Almonds, pistachios, walnuts, cashews, pecans, hazlenuts, and more. Sesame, pumpkin, sunflower seeds and more	Enjoy a handful of nuts a day

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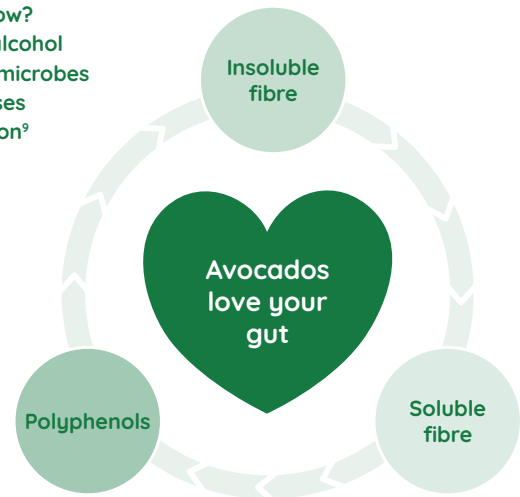
Phytochemical protection

Not only is fibre important but so too are the polyphenols in avocado. Natural phytochemicals such as polyphenols found in plant foods help nurture good gut microbe.⁸ Enjoy a variety of plant foods and explore all the colours, textures and types of vegetables and fruit to get a good range of phytochemicals.

Probiotics

Foods containing beneficial live bacteria that travel through to the bowel and make a home there are called probiotics. Probiotic foods include those with live cultures such as yoghurt, kefir and probiotic 'shots', as well as fermented vegetables such as sauerkraut and kimchi.

Did you know?
Too much alcohol harms gut microbes and increases inflammation⁹



Like all fruits and vegetables, avocados contain beneficial fibre and phytochemicals to nurture your gut

Avo-nother good idea

Mashed avocado on wholegrain toast is a quick and easy high fibre breakfast or snack anytime

Guacamole made with mashed avocado is great with whole grain crackers, vegetable sticks, in sandwiches or on meat, chicken, fish or veggie burgers

Add avocado to smoothies for a gorgeous colour, thick texture and a nutrition boost



For educational purposes only. Please consult your Accredited Practising Dietitian (APD) or doctor for advice on your personal dietary requirements.

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