

Good things come in small packages

A guide to good gut health



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Enjoy a wide variety of nutritious foods from these five food groups everyday¹



How many serves do we need each day?

SERVES	VEGETABLES	FRUIT	GRAINS	MEAT & ALT	DAIRY
Age 19-50	6 (men) 5 (women)	2	6	3 (men) 2 ½ (women)	2 ½
Age 51-70	5 ½ (men) 5 (women)	2	6 (men) 4 (women)	2 ½ (men) 2 (women)	2 ½ (men) 4 (women)
Age 70+	5	2	4 ½ (men) 3 (women)	2 ½ (men) 2 (women)	3 ½ (men) 4 (women)

¹Based on the nutrient and energy needs of an individual with average height and sedentary to moderate activity levels

HOW MUCH IS A SERVE?



Fruit

- 1 medium piece (e.g. an apple)
- 2 small pieces (e.g. apricots)
- 1 cup chopped or canned fruit



Grain/ Cereal Foods (mostly wholegrain or high fibre)

- 1 slice of bread
- ½ cup cooked rice, pasta, noodles
- ¼ cup muesli



Lean Meat & Alternatives

- 65g cooked lean red meat
- 80g cooked poultry
- 100g cooked fish or small can of fish
- 2 large eggs
- 1 cup cooked or canned legumes/beans
- 170g tofu
- 30g nuts or seeds



Vegetables & Legumes/Beans

- ½ cup cooked vegetables or legumes
- ½ medium potato or sweet potato
- 1 cup green leafy or raw salad vegetables



Dairy & Alternatives

- 1 cup milk (fresh/UHT/reconstituted powdered)
- 2 slices of hard cheese
- ½ cup ricotta cheese
- ¾ cup yoghurt
- 1 cup soy, rice or other cereal drink with at least 100mg of added calcium/100ml



Nutrition & Lifestyle

A healthy digestive system is often 'silent' and it is not until we experience a digestive upset that we pay much attention to it. There are a number of steps we can take to maintain and restore the health and balance of our digestive system.



Stress

Stress affects the nerves of the digestive system and can upset the balance of good bacteria in the intestines. In some people, stress may cause diarrhoea, bloating, pain or constipation.

Activities such as relaxation or gentle exercise can help manage stress and keep the digestive system functioning normally.



Hydration

Water transports nutrients around the body, facilitates the passage of food through the digestive system and helps soften stools. To keep the body hydrated, men should aim for 10 cups and women should aim for 8 cups, of fluid per day.

Water should contribute the most to your fluid intake, but other fluids can also include soup or other drinks such as milk, tea and juice.



Diet

Maintaining a nutritious, varied diet provides the body with the energy and nutrients it requires to function optimally. It can also assist in weight maintenance or weight loss, provide protection against chronic diseases and restore or maintain digestive balance.

Eating a diet rich in fibre is an important aspect of digestive health as it encourages the passage of food through the digestive system and provides bulk and softness to stools. Adults should aim to include serves of fruit, vegetables, breads and cereals (at least half wholegrain or wholemeal) and nuts and seeds to reach the recommended 25-30g of fibre per day.

Following the Australian Guide to Healthy eating is an easy way to maintain a healthy balanced diet and ensure you are meeting your daily fibre and nutrient needs.

Physical Activity

Regular physical activity helps strengthen the muscles of the abdomen and stimulates the intestines to push contents through the digestive system. This allows it to operate more smoothly and reduces the feeling of 'sluggishness'. It also helps contribute to:

- General health and physical wellbeing
- Weight maintenance or aid in weight loss
- Risk reduction or management of chronic diseases (e.g. Cardiovascular Disease, Type 2 Diabetes)
- Strengthening muscles and bones

Aim to be physically active on most, preferably all days of the week!

ADULTS 18-64 YEARS²

Aim to accumulate 2 ½ -5 hours of moderate intensity exercise per week (activity that requires some effort but conversation is possible) or;

1 ¼ - 2 ½ hours of vigorous intensity exercise for per week (activity that makes you breathe harder or puff and pant) or;

A combination of both at an equivalent time

Include muscle strengthening activities on at least 2 days per week

ADULTS 65 YEARS & OLDER³

Aim for 30 minutes of moderate intensity physical activity per day

Start slow if you haven't been active for a while, try blocks of 10-15 minutes a few times a day

If you are worried about your capabilities, talk to your GP first

Be physically active in as many different ways possible, include a range of different exercises that target fitness, strength, flexibility and coordination

Note: Based on material provided by the Commonwealth Department of Health. It is a general information only and must not be construed in any way as the Department of Health giving medical advice, or endorsing, promoting, certifying or otherwise approving any Yakult products



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1. Australian Guide to Healthy Eating, 2013

2. Australia's Physical Activity and Sedentary Behavior Guidelines for Adults (18-64 years), 2014

3. Choose Health: Be Active: A Physical Activity Guide for Older Australians, 2005

For a full list of references please contact us at info@yakult.com.au

THE DIGESTIVE SYSTEM

The unique Yakult lactic acid bacteria strain is scientifically proven to survive the strong stomach and bile acids to reach the intestines alive. Each 65ml bottle of Yakult contains 6.5 billion *Lactobacillus casei* Shirota probiotic bacteria.

THE FACTS

- Breaks down food, absorbs nutrients and fluid and removes waste from the body
- Largest immune organ, with 70% of immune cells located in the intestinal lining
- Along the path from mouth to anus there are over 100 trillion bacteria, comprised of 400-500 different types, both beneficial and potentially harmful, that compete for nutrients and living space in the intestines
- For optimal digestive and immune function it is important to maintain 'digestive balance', where the numbers of beneficial bacteria outweigh the potentially harmful bacteria

BENEFICIAL BACTERIA

Beneficial bacteria, comprised mainly of *Lactobacillus* and *Bifidobacteria*, perform a number of important roles in the digestive system, they:

- Help control the numbers of potentially harmful bacteria and the toxins they produce
- Assist with digestion and absorption of food
- Synthesise some vitamins
- Regulate bowel motions
- Stimulate the immune system



MOUTH & OESOPHAGUS

Teeth break down food into smaller particles which is then softened by saliva. The tongue shapes the food into a ball called a bolus which moves down the oesophagus by a series of wave like motions called peristalsis.



STOMACH

Food is churned by the muscular action of the stomach wall where it is mixed with strong acidic fluids and some enzymes. When the food reaches an appropriate consistency it passes into the small intestine.



SMALL INTESTINE

The duodenum is where the majority of digestion takes place. The presence of food stimulates the production of strong enzymes from the pancreas and bile from the liver and gall bladder.

Food moves into the jejunum and ileum, where nutrients are absorbed through finger like projections called villi. These villi are connected to a mass of capillaries that allow absorbed nutrients to pass into the blood.



LARGE INTESTINE

Also known as the colon, the large intestine is approximately 1.5m long and 4-5cm in diameter. Water and minerals are absorbed here and stools are formed.



RECTUM & ANUS

The waste that remains at the end of the digestive process is stored in the rectum and removed periodically by the anus.

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FERMENTED FOOD

- Fermentation: a metabolic process that converts carbohydrates to acids, gases or alcohol using live microorganisms
- Lactic acid fermentation: the utilisation of various sugars by bacteria to produce lactic acid
- Lactic acid provides a sour taste and flavour to foods, promotes preservation and has health giving properties
- Used in products such as pickles, kimchi, kombucha, sauerkraut, yoghurts, sour cream and fermented milk drinks

PROBIOTICS

- 'Live microorganisms when administered in adequate amounts confer a health benefit on the host'
- Many probiotic products contain species of *Lactobacillus* and *Bifidobacteria*
- Criteria for probiotics:
 - the bacteria must be proven to reach the intestines alive
 - be safe for human consumption
 - present in sufficient quantities

PREBIOTICS

- A type of fibre that reaches the large intestine undigested, providing nourishment and stimulating the growth of certain good bacteria
- Not all fibre is prebiotic
- Good sources include onions, garlic, banana, leeks, asparagus, Jerusalem artichokes and wheat bran
- Including prebiotics in your diet can help maintain digestive balance by providing fuel for the beneficial bacteria in the body

FOOD FOR DIGESTIVE HEALTH