



Gut Health Guide

Simple tips to ensure your digestive system is running smoothly (literally).



Here's to trusting your gut.



You trust your gut for everything. And it's usually right. But does your gut trust you back? When it comes to digestive health, we believe trust goes both ways.

That means being mindful about what goes in and what comes out. It's about listening to the gurgles, the burbles, and whatever happens after you eat that extra slice of extra-cheese pizza. But most importantly, it's looking out for red flags and staying on top of routine screenings.

Our goal is to help you earn back the trust of your gut. And it starts with understanding the complex, wondrous workings of your digestive system. Let's dig in!



Your Digestive System Is Amazing!

Can we take a moment to geek out about our digestive systems? Each and every day, they convert food into nutrients that our bodies need while simultaneously eliminating what we don't. And did you know your stomach can stretch to hold up to 4 pounds of food at a single time? What kind of sorcery is that?

It's safe to say: your gut is working overtime. Which means digestive issues can be pretty common. That's why it's so important to stay in tune with your digestive health to ensure your system is working for you!



Listen to your gut...

Sometimes, those crispy buffalo wings hit a little different (and not in a good way). But when it comes to digestive issues – like constipation, diarrhea, heartburn – they typically go away after a short period of time. But we strongly recommend seeing a doctor if you're experiencing:

- ▶ Diarrhea that lasts longer than two days
- ▶ Heartburn that persists or lasts for several days/weeks
- ▶ Bloody poop that looks black or red
- ▶ Blood in your vomit
- ▶ Unintentional weight loss of 10 pounds or more in less than a year
- ▶ Pain or difficulty swallowing – or a feeling that food is caught in your chest/throat
- ▶ A sore throat that won't go away
- ▶ Chronic constipation

Food for thought:

When it comes to preventing digestive issues, try incorporating these simple tips into your daily routine:

- ▶ Eat smaller, more frequent meals.
- ▶ Avoid trigger foods like dairy, spicy foods, processed foods, or oily, fried foods.
- ▶ Drink lots of water and exercise regularly.
- ▶ Balance your gut by trying probiotics and prebiotics.
- ▶ Limit your sugar intake, including artificial sweeteners.
- ▶ Fiber is your friend – think beans, veggies, fruits, and whole grains.





**Track it.
App it.**



If pen and paper aren't your thing – there are some great apps that can help you with your digestive journey. Here are a few of our community's favorites:

mySymptoms

This app is specifically designed to help identify what triggers your IBS symptoms. We call that a win-win.

Shopwell

Type in your fitness goals, nutrition requirements, and food sensitivities, and this app will help you make healthy choices at the grocery store.

Waterlogged

Hydration is everything. And with this app, you can set up reminders and alerts to ensure you're drinking enough water throughout the day.

Superfood

From recipes to maintaining a proper diet – this app exists to help you understand nutrition and how it relates to your overall health.



Gut healthy recipes to live by.

Turmeric chicken with asparagus

This sweet and spicy dish contains several prebiotic foods with turmeric, a powerful, anti-inflammatory spice.

[> Get Recipe](#)

Shrimp and vegetable stir fry

Featuring honey, garlic and onion (all prebiotics), along with apple cider vinegar, give this high-fiber dish a pleasing flavor.

[> Get Recipe](#)

Chipotle salmon and sweet potato bowl

This healthy bowl combines the omega 3 fats from salmon with the prebiotic power of sweet potatoes and spinach for a multi-textured, flavorful combo.

[> Get Recipe](#)

Avocado and black bean salad

A very colorful and appetizing salad packed with prebiotic fiber – this dish is ideal for picnics or dining in alike. Pro tip: grab some tortilla chips for dipping.

[> Get Recipe](#)

Berry yogurt parfait

Whether it's for breakfast or dessert, ditch your usual sugary yogurt/granola combination for this probiotic-rich snack.

[> Get Recipe](#)



Here for when it's gut-check time.

Virtua Health is your resource for all things digestive. As South Jersey's leading GI and Digestive health program, our team is devoted to keeping your gut in check. We pair compassion with expertise to deliver personalized care that makes sense for you.

To learn more about Virtua GI and Digestive Health or to request a consultation, visit virtua.org/DigestiveHealth or call us at 856-924-6674.



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