Gut Forward

Everyday Habits for Digestive Wellness

Small, sustainable choices can support overall digestive health. Everyone’s needs are different, so pay attention to what works for you.

1. Stay hydrated

Drink fluids consistently throughout the day. Your needs may change with activity, weather, and health conditions.

2. Eat a variety of foods

Include a range of fruits, vegetables, whole grains, and other foods you tolerate. Increase fiber gradually when appropriate.

3. Keep moving

Regular walking and other enjoyable movement can support general health and normal bowel function.

4. Notice your patterns

Track symptoms, food choices, activity, and bowel habits to identify useful patterns to discuss with a healthcare professional.

Educational information only; not a substitute for individualized medical advice.