

Gut health beyond *probiotics*.

Microbiome, fibre, fermented foods & the gut-brain axis.

Built on ACG · AGA · NICE · WHO.

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and a handout sample, the 30 Plants Challenge cover, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

Volume

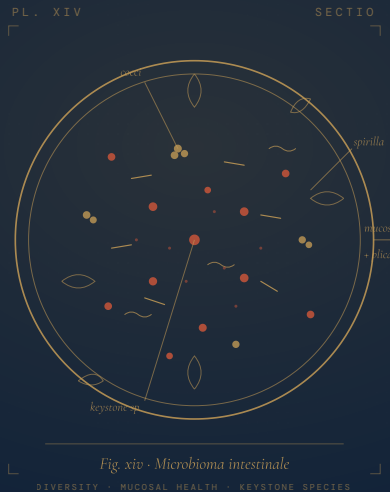
Nº 14

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GI CATALOG
EDITION · 2026.06

A CLINICAL GUIDE

The Gut Health Nutrition Handbook



Contents

01 The Gut Microbiome: What Dietitians Need to Know

What is the microbiome · Diversity · Dysbiosis · Diet-microbiome interaction

02 Dietary Fibre: The Foundation of Gut Health

Types of fibre · Soluble vs insoluble · Resistant starch · Targets · Practical guidance

03 Probiotics & Prebiotics

Evidence review · Strain-specific effects · Food sources · Supplement guidance · What works

04 Common GI Complaints: Assessment & Dietary Management

Bloating · Constipation · Diarrhoea · Reflux/GORD · Dyspepsia · Flatulence

05 Food Intolerances & Sensitivities

Lactose · Fructose · Histamine · Gluten (non-coeliac) · Testing · Elimination diets

06 The Gut-Brain Axis

Stress & the gut · Serotonin · Vagus nerve · Psychological approaches · Nutrition strategies

07 Gut Health in Special Populations

Antibiotic recovery · Post-gastroenteritis · Elderly · Athletes · Pregnancy

08 Red Flags & When to Refer

09 Documentation & Assessment Tools

10 Quick-Reference Cards

11 Case Studies

References & Abbreviations

Gastro-Oesophageal Reflux Disease (GORD)

Dietary and Lifestyle Management

- **Avoid eating within 3 hours of bedtime**
- **Elevate head of bed** 15–20 cm (not just extra pillows — raise the bed itself)
- **Small, frequent meals** (large meals increase gastric pressure)
- **Reduce:** caffeine, chocolate, peppermint, alcohol, carbonated drinks, citrus, tomato, spicy foods, high-fat meals
- **Upright posture** during and 30 min after eating
- **Weight loss** (if overweight) — the single most effective lifestyle intervention for GORD
- **Avoid tight-fitting clothing** around the abdomen
- **Chewing gum** after meals may increase saliva production and reduce acid

CLINICAL TIP

Not all reflux triggers are universal. The "avoid spicy food, chocolate, tomato, caffeine" list is based on traditional advice, but individual triggers vary widely. Rather than eliminating all potential triggers, use a **food and symptom diary** to identify which specific foods actually cause symptoms for that individual patient. Many patients unnecessarily restrict foods that don't actually trigger their reflux.

Dyspepsia (Indigestion)

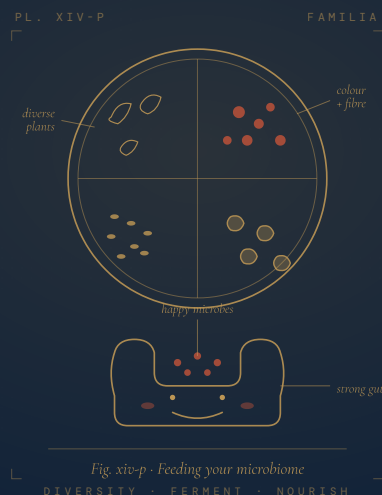
- **Eat slowly** and chew thoroughly
- **Avoid overeating** — portion control is key
- **Reduce fatty meals** (fat delays gastric emptying)
- **Limit alcohol, caffeine, and spicy foods**
- **Don't lie down immediately after eating**
- **Stress management** (dyspepsia is strongly influenced by stress via the gut-brain axis)
- **Ginger tea** may help (traditional prokinetic)
- If persistent: investigate for *H. pylori* and consider PPI trial (medical decision)

Excessive Flatulence

- **Normal range:** 10–20 episodes per day is physiologically normal
- **Reduce gas-producing foods gradually** (don't eliminate all at once):
Legumes, cruciferous vegetables, onion, garlic, apples, pears, sugar alcohols
- **Increase fibre slowly** — rapid fibre increases cause excessive gas as bacteria adapt
- **Reduce carbonated drinks and gum chewing** (swallowed air)
- **Eat slowly** to reduce aerophagia
- If legumes are the main trigger: soak dried legumes overnight, rinse, and cook fresh. Tinned legumes can be rinsed to reduce oligosaccharides. Start with small portions and increase gradually — the gut adapts over 2–3 weeks
- **Alpha-galactosidase enzyme** (Beano) taken with legume-containing meals may reduce gas

PATIENT HANDOUT PACK

The Gut Health Handout Pack



Patient Handouts

01 Your Gut Microbiome: A Simple Guide

02 The Fibre Guide: How Much and Where to Find It

03 Fermented Foods: What to Eat & Why

04 Probiotics: What Actually Works

05 Managing Bloating

06 Managing Constipation Naturally

07 Managing Diarrhoea

08 Dealing with Reflux & Heartburn

09 Food Intolerances: Facts vs Fiction

10 Your Gut & Your Mood: The Connection

11 Recovering Your Gut After Antibiotics

12 Gut Health Myths vs Facts

13 7-Day Gut-Health Meal Plan & Shopping List

14 Food & Symptom Diary (7-Day)

15 My 30 Plants a Week Tracker

A 4-WEEK TRACKER

The 30 Plants a Week Challenge

PL. XIV-C

INSTRUMENTVM

THIS WEEK				
				
				
				
				
				
				

Fig. xiv-c · 30-Plants Challenge
DIVERSITY · VARIETY · WEEKLY TRACKER

The *Gut Health* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

11 CHAPTERS · 52 PP

- The gut microbiome: what dietitians need to know
- Dietary fibre: the foundation of gut health
- Probiotics & prebiotics
- Common GI complaints: assessment & management
- Food intolerances & sensitivities
- The gut-brain axis
- Gut health in special populations
- Red flags & when to refer · case studies

PART TWO

Patient Handout Pack

15 PRINT-READY
HANDOUTS · 26 PP

- Your gut microbiome: a simple guide
- The fibre guide · fermented foods
- Probiotics: what actually works
- Managing bloating · constipation · diarrhoea
- Reflux & heartburn
- Food intolerances: facts vs fiction
- Gut & mood · recovering after antibiotics
- Myths vs facts · 7-day meal plan · symptom diary

PART THREE

Recipe Collection

46 GUT-NOURISHING
RECIPES · 52 PP

- High-fibre breakfasts
- Prebiotic-rich lunches
- Gut-nourishing dinners
- Fermented food recipes
- Snacks & sides · constipation-friendly
- Drinks & tonics

Bonus included: *the 30 Plants Challenge* — a printable patient tracker for plant diversity, built on the American Gut Project evidence (McDonald et al., mSystems).

\$89

Four files · including the 30 Plants Challenge

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