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Benefits News



The Best Foods to Eat for Gut Health

This document is part of the OEGB June Newsletter, Digestive Health. To access other resources, visit the [News and Events page](#).

The foods you eat play a big role in keeping your gut healthy. It's all about balancing the good and bad bacteria—which make up the microbiome—in your intestinal tract. Click the [Best Foods to Eat for Gut Health](#) article to read more about:



Probiotics

(like sauerkraut and kimchi)

Prebiotics

(like onions and raspberries)

Polyphenols

(like berries and tomatoes)

The worst foods for gut health

(like artificial sweeteners and red meat)

It's important to understand what you can do to take care of your digestive health, and when to see an expert. You have [resources through OEGB](#) to make sure your gut is in great shape.

Source: [EatingWell](#)