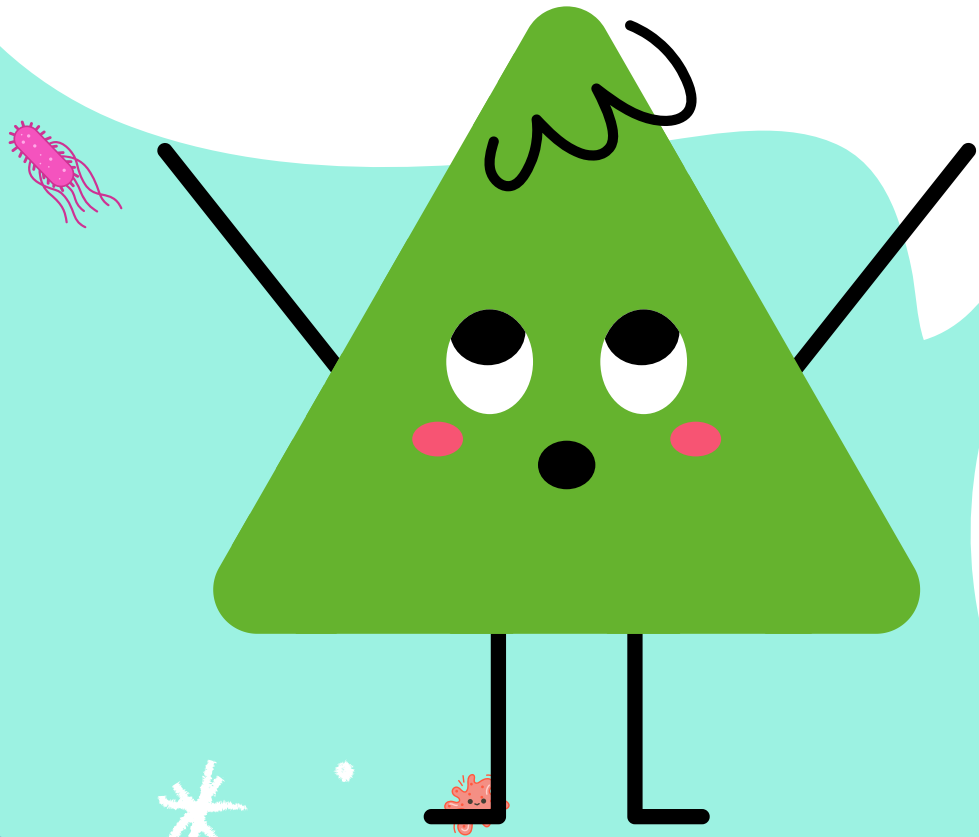


YOUR GUT FRIENDS

UNDERSTANDING THE GUT MICROBIOME!

WHAT IS THE GUT MICROBIOME?

Your gut microbiome is a tiny world inside your tummy! It's made up of billions of friendly microorganisms (like bacteria) that help keep you healthy.



WHY ARE GUT FRIENDS IMPORTANT?

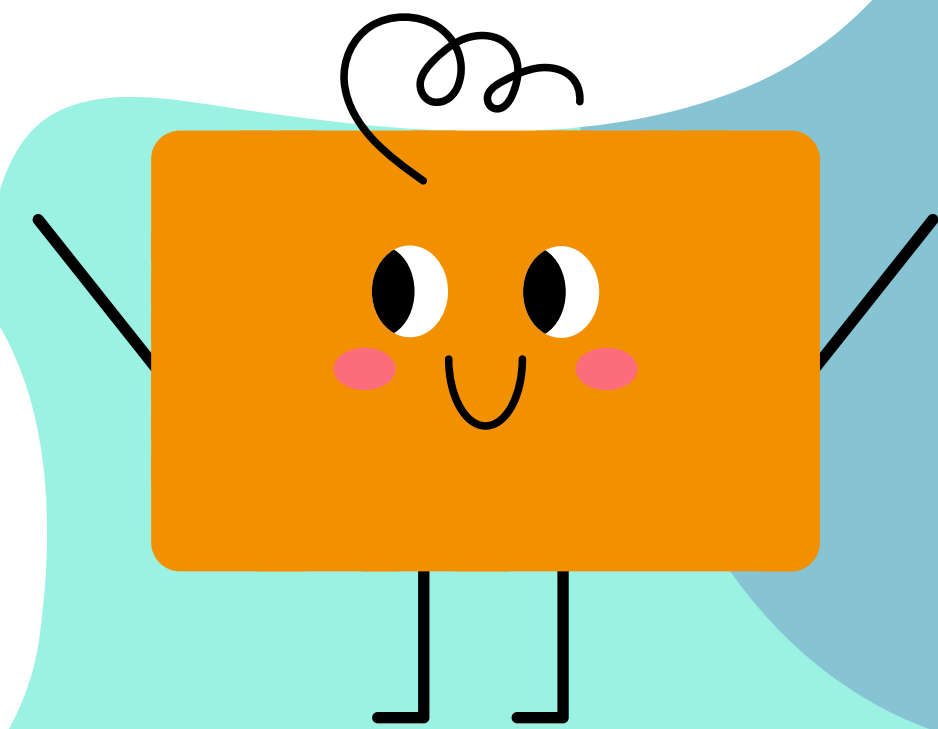
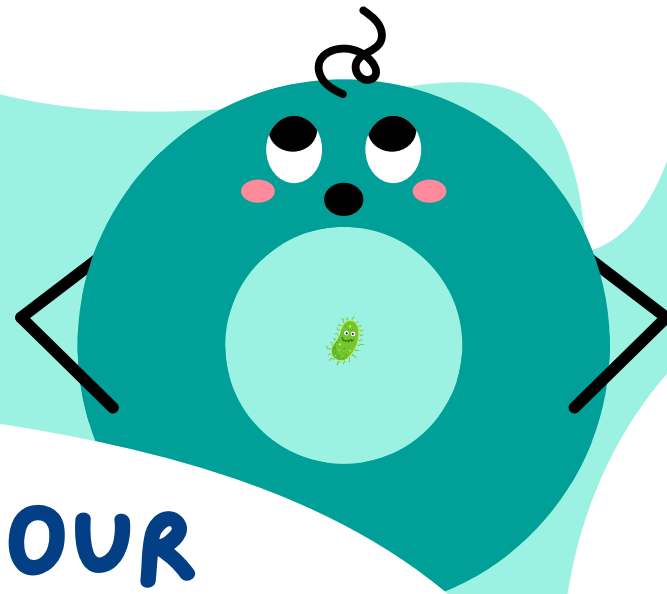
Digestion: They help you digest food and turn it into energy!

Defenders: They protect you from bad germs that can make you sick.

Mood Boosters: Believe it or not, your gut can help you feel happy!

SIGNS YOUR GUT FRIENDS NEED HELP

- Tummy aches or gas
- Feeling tired or moody
- Not feeling hungry or having trouble going for a poo



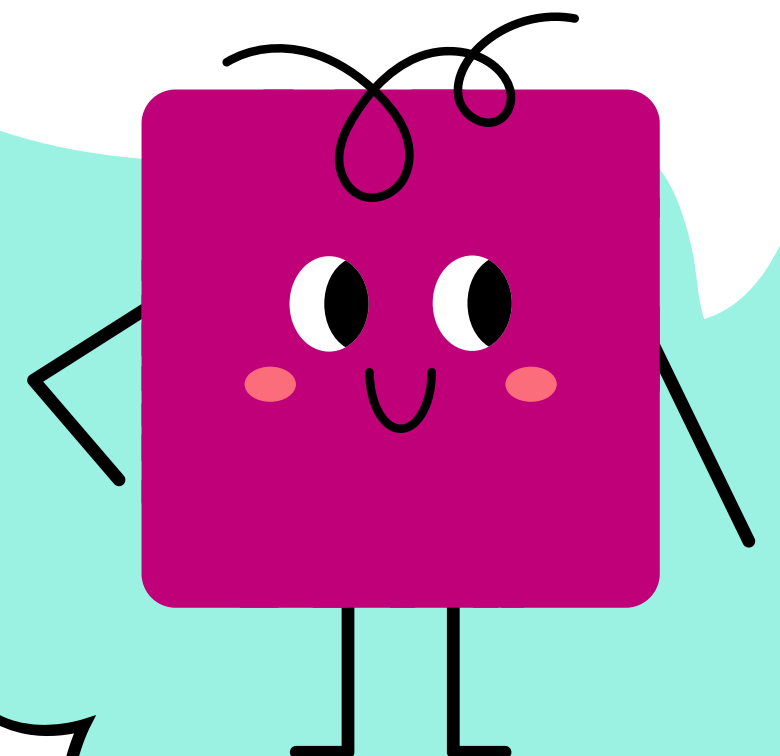
HOW CAN YOU KEEP YOUR GUT FRIENDS HAPPY?

1. **Don't use antibiotics for a cough or a cold.**
2. Eat colourful food: Fruits and veggies of different colours are superfoods for your gut.
3. Drink water: staying hydrated is important for your gut friends.
4. Play and move: exercise keeps your body and gut happy!
5. Wash your hands for 20 seconds before eating and after going to the loo.



DID YOU KNOW...

- There are more bacteria in your gut than there are people on Earth!
- Your gut microbiome is unique to you—just like your fingerprints!



QUIZ

How many mini microbes are on this poster?

SCAN me or click for BellyBug games



SCAN me or click for another quiz

