



## Simple Steps to Support Digestion

Gut health has become a hot topic for a good reason - your digestive system is responsible for harnessing the nutrients from the food you eat to help you feel good all day long. As part of your daily routine, consider these simple steps for healthy digestion.



### Eat More Fiber Rich Foods:

Fiber promotes regularity and a healthy digestive tract, which is vital to overall health and disease prevention. The average adult needs 25-30 grams of fiber daily.\*

- Pack a handful of prunes as a mid-afternoon snack that can also keep you feeling fuller longer
- For a boost of fiber, pair prunes with nuts, add to a snack board with vegetables and whole grain crackers or add to the top of your oatmeal.



### Prioritize Hydration:

Dehydration can lead to headaches, lack of focus, fatigue, constipation and lackluster skin.

- Use an app to keep track how much you're drinking
- Add cucumbers, mint, or citrus for added flavor throughout the way.
- Remember fluids from foods all count towards your daily hydration goals too.



### Get Daily Movement:

Physical activity can support digestive health, by preventing constipation. Plus, it supports heart and bone health too!

- Focus on activities you enjoy like morning yoga, afternoon dog walks, or a living room dance party.



### Take a Pause:

Stress can keep your stomach in knots and lead to digestive issues.

- Soothe away stress before it gets you by listening to calming music, meditating or calling a friend to catch up.



### Harness The Power of Prune Juice:

- Make Sunsweet® Amaz!n™ Prune Juice a regular part of your digestive health routine.
- Mix it up by using Prune Juice in mocktails, smoothies and popsicles.

Adapted from <https://www.sunsweet.com/articles/the-right-amount-of-fiber>

For recipes and more information on the benefits of prunes, visit [sunsweet.com](https://www.sunsweet.com)

Source: \* U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

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