

NEWSLETTER

OCTOBER 2026



Spring Into Better Gut Health

As the weather warms up and the days grow longer, spring brings with it a sense of renewal, adventure, and the opportunity to explore new places. Whether you're planning a weekend getaway, heading overseas, or simply spending more time out and about, it's the perfect season to focus on keeping your gut healthy and happy.

At ur gut®, we know that travel can sometimes disrupt your digestive routine. Changes in diet, hydration, daily schedules, and exposure to unfamiliar foods can increase the risk of common travel-related issues such as constipation, bloating, and travellers' diarrhoea. The good news is that with a little preparation and the right nutrition, you can support your gut and enjoy your travels with confidence.

In this edition, we're sharing simple, science-backed tips to help maintain digestive health while you're on the move, along with gut-friendly recipes and practical ways to keep your fibre intake on track wherever your adventures take you. Here's to a season of feeling your best, exploring more, and making every journey a gut-friendly one!

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Share your story

If you've had a positive experience with ur gut®, we'd love to hear from you!

Just send your experiences to our email at:

ur.gut@ecu.edu.au

Your recipes are also wanted!
Thank you for being part of the ur gut® journey.

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Your Gut's Hidden Ecosystem

Did you know your digestive system is home to trillions of microorganisms collectively known as the gut microbiome? These beneficial bacteria help break down food, produce important nutrients, support your immune system, and play a role in mood and mental wellbeing.

A diverse and balanced microbiome is one of the foundations of good health. ur gut® was scientifically developed by researchers at Edith Cowan University and contains a unique blend of dietary fibres, including **resistant starch**, designed to nourish beneficial gut bacteria deep within the colon where they have the greatest impact.



The Fibre Your Gut Bacteria Loves

Resistant starch is a special type of dietary fibre that passes through the small intestine undigested and is fermented by beneficial bacteria in the large intestine.

During this process, these bacteria produce compounds called short-chain fatty acids, including butyrate, which support gut health and help maintain the integrity of the gut lining.

ur gut® is primarily made from resistant starch, making it an easy and effective way to increase fibre intake and support a healthier microbiome.

Small Daily Habits, Big Gut Benefits

Most Australians fall short of their daily fibre requirements, which can impact digestive health and microbiome diversity.

Adding ur gut® to your daily routine is a simple way to boost fibre intake, support regular bowel movements, and nourish beneficial gut bacteria.

Our ECU clinical research has shown that ur gut® can improve gut microbiota composition while supporting overall digestive wellbeing, making it an easy addition to meals, snacks, and drinks every day.



3 Easy Ways to Support Your Gut

1. Eat a variety of plant foods to encourage a diverse microbiome.
2. Stay hydrated, especially when increasing your fibre intake.
3. Add **resistant starch** and other prebiotic fibres to your diet to help nourish beneficial bacteria.



- 👉 Gluten free
- 👉 Dairy free
- 👉 No added sugars
- 👉 Low sodium
- 👉 Vegan
- 👉 Low FODMAP
- 👉 No artificial colours
- 👉 Unflavoured
- 👉 Unsweetened

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Get ready to take off with ur gut®

Travelling is one of life's great pleasures, but changes in **routine, food choices, hydration, sleep patterns, and time zones** can sometimes leave your gut feeling less than its best. Whether you're heading interstate for a weekend getaway or embarking on an overseas adventure, being away from your normal routine can increase the likelihood of digestive issues such as constipation, bloating, irregular bowel movements, and travellers' diarrhoea. These common travel-related concerns can affect your comfort, energy levels, and ability to fully enjoy your trip.

The good news is that a little preparation can go a long way. Supporting your gut before and during travel can help maintain digestive balance and keep you feeling your best on the move. **Staying hydrated, eating a variety of fibre-rich foods, practising good food hygiene, keeping active** during long journeys, and maintaining regular meal patterns can all help promote healthy digestion. For international travel, being mindful of food and water safety and gradually introducing unfamiliar foods can also help reduce the risk of digestive upset.

ur gut® is the perfect travel companion, providing a convenient source of dietary fibre and resistant starch wherever your journey takes you. Simply add it to yoghurt, smoothies, oats, or your favourite meals to help nourish beneficial gut bacteria, support regular bowel movements, and maintain your gut health routine while away from home. Its tasteless, versatile formula makes it easy to incorporate into your day without changing the flavour of your food or drinks.

Because resistant starch reaches the large intestine where it acts as food for beneficial gut bacteria, ur gut® helps support a healthy and diverse gut microbiome. A well-nourished microbiome plays an important role in digestive health and overall wellbeing, which can be especially valuable when travel disrupts your normal eating and lifestyle habits. By packing ur gut® alongside your travel essentials, you can take a simple step towards supporting your digestion and helping your gut stay on track, no matter where your adventures take you.





International Travel Tips for a Happy Gut



Pack ur gut® in your luggage so you can maintain your daily fibre routine from the moment your journey begins.

Ease into unfamiliar foods by introducing new cuisines gradually and balancing indulgent meals with fibre-rich foods such as fruits, vegetables, and whole grains.



Support your gut microbiome. Taking ur gut® daily can help nourish beneficial gut bacteria and maintain digestive regularity, even when your usual routine changes.



Be mindful of food and water safety. In destinations where water quality may be uncertain, choose bottled or properly treated water and opt for freshly cooked foods served hot.



Keep moving. Long periods of sitting during flights, road trips, or train travel can slow digestion, so take opportunities to stretch and walk regularly.



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17g of fibre,
4g of resistant starch
and
19.3g of protein per
serve

Crunchy Thai Peanut Noodle Salad

Serves 4

*Crunchy, creamy, a little spicy... and
secretly doing a lot for your gut*

Ingredients

- 1½ cups edamame
- 1 red capsicum, diced
- ½ red cabbage, shredded
- 3 spring onions, sliced
- 1 cup coriander, chopped
- 125g rice vermicelli or soba noodles

Peanut Dressing

- ½ cup peanut butter
- 2 tbsp soy sauce
- 2 tbsp rice wine vinegar
- Juice of 1 lime
- 2 cloves garlic, minced
- 1½-inch piece ginger, grated
- 40g ur gut[®] (approx. 8 tsp)

*Please note: that ur gut[®] should be added
into the sauce at the time of eating*



Directions

1. Cook noodles according to packet directions and set aside.
2. Whisk together all dressing ingredients until smooth, adding a little water if needed.
3. Cook edamame in a lightly oiled pan until warmed through and lightly golden.
4. Combine noodles, vegetables, coriander, and edamame. Toss through the dressing and serve.

*Optional garnishes: Fresh chilli, extra coriander, pumpkin seeds, sunflower seeds,
and a squeeze of lime.*

For the full recipe, visit: urgut.com.au/thai-noodle-salad/

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10g of fibre,
and 10g of
protein per
serve

Home Made Granola

Makes 15 serves (serving size 80gm or ⅓ cup)

*A crunchy, nutty granola built with
ur gut® and real ingredients*

Ingredients

- 3 cups whole rolled oats
- 3/4 cup walnuts
- 3/4 cup almonds
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/4 cup buckwheat groats
- 1 tbsp cinnamon
- 2 tbsp LSA powder
- Pinch of salt
- 1/2 cup extra virgin olive oil
- 1/2 cup maple syrup
- 1/2 cup peanut butter
- 1 tbsp vanilla extract
- 150 grams ur gut®



Directions

1. Preheat oven to 160°C.
2. Combine dry ingredients and ur gut® in a large bowl.
3. Warm oil, maple syrup, peanut butter, and vanilla until combined, then mix through dry ingredients.
4. Spread onto lined baking trays and bake for 30 minutes, turning halfway, until golden.
5. Cool completely before breaking into clusters.

Serve with Greek yoghurt and fresh fruit for a fibre-rich breakfast.

For the full recipe, visit: <https://urgut.com.au/granola/>