

From protein to probiotics: How to make breakfast a gut-friendly meal

These morning rituals are more than just habits—they are the building blocks of a healthier, more balanced life. By fueling your body with protein, probiotics, fibre, and hydrating fluids each morning, you provide your gut with the essential tools it needs to function optimally.



Simran Arora | Published: 30 Apr 2025 15:32:PM



New Delhi: In a world where wellness trends come and go, one truth remains constant: a healthy gut is foundational to overall well-being. One can develop a healthy gut with ease, for it's not about the fad diets and the gimmicky routines: it's about simplicity in your morning habits. By focusing on key nutrients—protein, probiotics, and fiber—you turn your mornings into the most potent gut-healing ritual. Dr Shyam Ramakrishnan, Director, Research and Development, India and SE Asia Markets, Amway, listed the best morning rituals to help with gut health.

Your morning rituals help set a good vibe throughout the day. When it comes to gut health, you can't go wrong with the first meal of the day. Fill up on a balanced breakfast that contains protein, probiotics, and fiber to kickstart the digestive process and metabolism, but support a healthy gut environment all through the day.

1. **Get going with proteins:** A protein-rich breakfast is essential for gut tissue maintenance and repair. Proteins feed good gut bacteria and also hold together the gut lining. Plant-based proteins that can be derived from legumes, nuts, and seeds can provide all of the amino acids necessary to lay a foundation for gut health and fuel it throughout the day.
2. **Get Gut Boosting with Probiotics:** Add in some probiotics to your breakfast, either as yogurt or some fermented vegetables or dishes. It presents the gut with some friendly bacteria to help colonization. Those probiotics support a balanced gut flora and

promote gut barrier function, strengthening your immune system. Rebooting with these gut-friendly bacteria every morning makes a world of difference in digestive health.

3. **Fibre: The Gut's Best Friend:** Fibre is indispensable for a good digestive system. It acts as a prebiotic, feeding the good bacteria in your gut. Soluble fiber dissolves in water and helps control blood sugar and cholesterol levels, while insoluble fiber provides bulk to stool for good digestion and regularity. Eating fiber-rich breakfasts will not only help the gut but also fill you up and energize you through the morning hours.
4. **Hydrate:** More importantly, hydration is another prominent food group of morning nutrition. Having a glass of warm water first thing after waking up jump-starts the gastrointestinal tract and aids in peristalsis—wave-like contractions that move your food down toward the digestive pipeline. You can add mixing in a squeeze of lemon to it, which enhances its cleansing properties further and prepares your gut for the next day ahead.

Finally, it is not about what you eat but how you eat. Give time to the breakfast, and there should be no disturbance at all while you eat slowly, chewing each and every bite properly. Digestion and absorption of the food are better managed due to mindful eating.

These morning rituals are more than just habits—they are the building blocks of a healthier, more balanced life. By fueling your body with protein, probiotics, fibre, and hydrating fluids each morning, you provide your gut with the essential tools it needs to function optimally. These practices are simple yet powerful for their benefits, which reach out far beyond the gut and regulate your mood, raise your energy levels, and put you at peace throughout the day. Consistency in these rituals will not only help in keeping the gut healthy but also in overall wellbeing. The gut and overall health are intertwined so deeply that it has effects on your immunity right up to mental clarity. On incorporating them into your daily rituals, you don't simply feed the gut but invest in a happier and healthier version of yourself. Adopt these practices and see for yourself how they work day after day to transform the body and the mind.