

THE GUT Foundation

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MEDIA RELEASE

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LAUNCH OF THE GOOD GUT COOKBOOK

Featuring more than 140 recipes, this is the must-have book for a healthy gut.

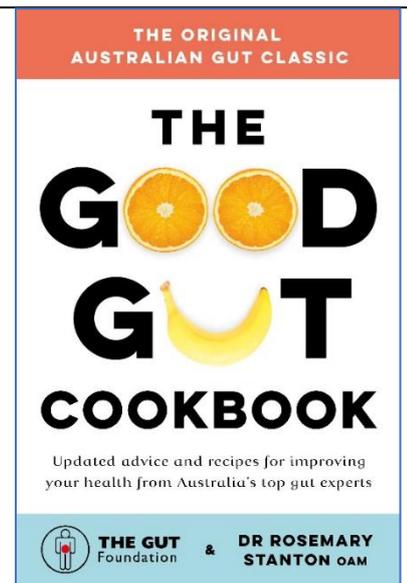
The Good Gut Cookbook delivers clear, concise advice, backed by the authority of Australia's top gut specialists and our most trusted nutritionist.

An updated edition of an Australian classic cookbook, which aims to help Australians living with digestive and gut problems, has been officially launched in Sydney at a breakfast attended by NSW Premier Gladys Berejiklian.

The Good Gut Cookbook has been updated by the Gut Foundation and highly respected nutritionist Dr Rosemary Stanton OAM to reflect new clinical evidence for good gut health.

Gut Foundation President Prof Terry Bolin OAM said, "There is rapidly evolving evidence around the complex role of the gut in a range of physical and mental conditions and people need to be able to access quality dietary information.

"With a plethora of fad diets and procedures being marketed to consumers, our aim with this cookbook is to provide trustworthy advice along with simple, nutritious and tasty recipes that can help people struggling to manage a gut problem."



Dr Rosemary Stanton said, “A healthy diet, rich in many different types of dietary fibre makes the gut a welcome home for beneficial bacteria that then influence many aspects of health. To get the all-important variety we need, the *Good Gut* recipes feature vegetables, legumes, fruits, nuts, seeds and healthy wholegrains. They’re recipes for the whole family – healthy and delicious – and those vital good gut bacteria will love them too. Enjoy!”

The Good Gut Cookbook is published by HarperCollins and is available in bookstores and via the Gut Foundation website: <http://www.gutfoundation.com.au/Publications>

More advice on good gut health can be found at: <http://www.gutfoundation.com.au/>

ABOUT THE AUTHORS

The Gut Foundation is a not-for-profit organisation founded by the Gastroenterological Society of Australia in 1983. It is dedicated to conducting research to understand the causes of gut problems, promoting better methods of prevention and treatment, and educating Australians on the latest findings.

Dr Rosemary Stanton OAM is Australia’s best-known nutritionist. She is a Visiting Fellow in the School of Medical Sciences at the University of New South Wales and was a member of the NHMRC group that revised the Dietary Guidelines for Australia and also the Infant Feeding Guidelines. Rosemary has authored many scientific papers and written over 30 books on health and nutrition, including several textbooks, books for children and a number of recipe books featuring healthy and delicious recipes. She has also published well over 3,000 articles in newspapers and magazines and is widely known for her many appearances on television and radio.

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