

# How gut-healthy are expats' diets?

Many expats experience symptoms of poor gut health.

**77%**

of expats reported that their digestive symptoms negatively affected their quality of life

**46%**

of expats experience stress-related stomach problems



Despite widespread gut health concerns, only 12% of expats follow a specialised diet to help with gut health issues



Expats faced challenges in sourcing familiar foods, with 10% describing the task as 'very difficult or impossible' in their new location

**42%**

of expats said that their gut health has become more important to them since moving abroad, reflecting a heightened awareness of well-being



Expats report eating more of every type of food group in their home country than their resident country, except one – processed and convenience food

## So, what can expats do to improve their gut health?

There are five key nutrients that contribute to a healthy gut microbiome.



### Polyphenols

Found in colourful, antioxidant-rich foods like beetroot, kale, blueberries and sweet potatoes



### Fibre

Found in beans, whole grains and fresh and dried fruit



### Probiotics

Found in fermented foods like live yoghurt, sauerkraut, kimchi, kefir and miso



### Prebiotics

Found in onions, leeks, garlic and oats



### Anti-inflammatory foods

Found in fatty fish, green tea, avocados and mushrooms

Find more information on how to build a healthier gut at Allianz Care's [Nutrition Hub](#).