

Your Complete Guide to

Gut Health Month

2026

INSIDE THIS GUIDE:

- ✓ How you can get involved in Gut Health Month
- ✓ Free downloadable resources
- ✓ Professional development activities



dietitianconnection.com/guthealthmonth
#guthealthmonthusa

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Kashi
GUT HEALTH GRANOLA

**GUT
HEALTH
MONTH**

What is Gut Health Month?

Gut Health Month is a global campaign designed to empower dietitians with the latest science and practical tools to help our clients nurture their bodies from the inside out.



Our goals are two-fold:

1. *Equip you with the latest insights and innovations in gut health science to help you flourish as a trusted gut health dietitian and expand your practice.*

2. *Elevate dietitians as the go-to nutrition experts in the gut health space. Together, let's shape a healthier future – one gut at a time.*



Ready to make a difference to your clients from the inside out?

Help grow your gut health practice, amplify your impact as a dietitian and become a catalyst for change.

Here's a list of ideas to get you started:



Hang our Gut Health Month stool chart on toilet stall doors

1.

2.

Have a gut health trivia night with your colleagues



3.

Develop your own gut-loving recipes and post them on social media

4.

Set up a Gut Health Month booth at your workplace with gut health information and products

5.

Publish an article on gut health in your workplace's newsletter or intranet

6.

Share your learnings from our Gut Health Month symposium in a creative way on social media



Make sure you share what you're doing far and wide with the hashtag **#guthealthmonthusa**



Gut-loving' professional development and resources

If we want to create change, we need to make noise, and spreading the message is simple. We've created a suite of gut health professional development and patient resources for you to use in your practice.

[VISIT OUR GUT HEALTH HUB](#)



Don't miss our half-day symposium led by experts in the field, sharing the latest gut health science and tools to elevate your practice.

LIVE: March 4, 2026
9-11.30am (EST)

[Click here to register](#)

FREE downloadable resources for you and your patients



[Click here to browse](#)

A library of gut health podcast episodes to catch-up on



[Click here to browse](#)

Gut health unlocked: science, personalization & client-centered counseling



**Erin
Judge**
RDN, LDN, CPT



**Hannah
Holscher**
PhD, RDN



**Tamara
Freuman**
MS, RD, CDN

Awards
2.5
CPEUs

Join us for Dietitian Connection's fifth annual Gut Health Month Symposium, designed to bridge emerging gut health science with real-world dietetics practice.

This year's program explores the latest evidence on prebiotics, dietary fiber, personalized nutrition, and counseling strategies for gut health, with a clear focus on practical application across diverse practice settings.

A powerhouse trio of RD gut health experts, **Erin Judge RDN, LDN, CPT**, **Hannah Holscher PhD, RDN**, and **Tamara Freuman MS, RD, CDN**, will share insights on:

- The different types of dietary fiber and their role in overall health and wellbeing
- Translating microbiome science into personalized, evidence-based nutrition strategies
- Tailoring gut health education and counseling approaches for diverse client populations

You'll leave with a strong understanding of the latest research, along with actionable strategies to confidently support gut health and stay at the forefront of evolving nutrition care.

Join the live session:

Wed 4 March, 9-11.30am (EST)

The Gut health unlocked: science, personalization and client-centered counselling awards 2.5 CPEUs in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.



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