

**YOUR AMAZING DIGESTIVE SYSTEM!**  
By I HEART GUTS!



**WHY DO WE EAT?**  
• body needs energy for growth + repairs

**HEART**  
pumps blood throughout body

**BLOOD STREAM**  
picks up nutrients and brings them to cells

**LIVER**  
makes important chemicals for digestion

**GALLBLADDER**  
stores bile, which digests fat (butter, ice cream, etc.)

**SMALL INTESTINE**  
absorbs nutrients from food and sends them into bloodstream. waste goes on to the large intestine

**APPENDIX**  
may save collection of gut bugs for special occasions

**VILLI**  
where nutrients go from intestine into blood

**ESOPHAGUS**  
sends food to stomach

**THYROID**  
helps brain decide how energy from food is used

**LUNGS**  
oxygen helps cells use energy

**STOMACH**  
breaks down food with acid. your food spends about 4 hours in there.

**PANCREAS**  
makes stuff that helps digest sugar and regulates sugar in bloodstream (cookies, cake, etc.)

**LARGE INTESTINE**  
aka colon, removes water from waste to form poop

**MICROBIOME**  
tiny bugs that live in our guts and help us digest food

**RECTUM**  
tells your body when it's time to poop

**ANUS**  
where poop exits the body