

# EAT WELL, AGE WELL. GUT HEALTH MONTH

## Myth Busted: Supplements are better than whole foods

You may think taking pills for probiotics, fiber, and prebiotics are better than eating whole foods.

However, most research says fiber is more beneficial when consumed from foods rather than through supplements. *An apple a day...is a great way to add ~ 5 grams of fiber.* If you are over age 50, men should consume 30 grams of fiber per day, and women 21 grams.

If you take probiotic supplements, check the label for recommended storage conditions; for example, some require refrigeration, whereas others can be stored at room temperature. For more information visit: <https://ods.od.nih.gov/factsheets/Probiotics-Consumer/>

## Yes-You-Can Black Bean Chili

Serves 2



Photo Courtesy of Pixabay.com

### Ingredients:

- 12 oz can Low-sodium black beans, drained liquid reserved
- 1 cup Low-sodium salsa
- 1 cup Frozen corn
- Freshly squeezed lime juice (optional)
- Fresh cilantro (optional)
- Hot sauce to taste

### Directions

1. Mix beans, corn, and salsa in a 5-quart pot.
2. Add the reserved liquid to reach desired consistency. The more liquid, the “soupier” the chili will become.
3. Cook over medium heat for 20 minutes.
4. Add additional toppings just before serving.

The black beans are high in fiber which helps you feel fuller with less calories. This recipe may help improve glucose levels, metabolism, cholesterol levels, & digestion.

Per Serving: CALORIES: 76, TOTAL FAT: .4g, CARBOHYDRATES: 15.8g, FIBER: 4.5g, PROTEIN: 4.5g.

Recipe adapted from: Physicians Committee for Responsible Medicine

*“You will never follow your own inner voice until you clear up the doubts in your mind.”  
— Roy T. Bennett*

## Fermented Food Facts

- Common fermented products include kimchi (Korean) sauerkraut, tempeh and miso (soybeans), and kombucha (tea).
- They contain helpful microorganisms such as bacteria and yeast.
- These microorganisms have many purported benefits to gastrointestinal health.
- Some benefits include strengthening immune function, better digestion, and decreasing symptoms of diarrhea and constipation.
- Kombucha is fermented tea that has recently become popular due to the aforementioned health benefits and high levels of antioxidants.

## Kimchi Fried Rice (Serves 2)



Photo courtesy of Pixabay.com

### Ingredients

- ¾ tsp toasted sesame oil
- 1 large eggs, beaten
- ½ cup chopped green onions
- 2 cloves minced garlic (or roughly 4-5 tsp if pre-minced)
- 1/3 cup chopped kimchi
- 2 cups cooked brown rice
- 4 oz fresh baby spinach
- ½ cup frozen carrot & peas mix (or any other preferred veggies)
- 1/8 cup kimchi juice (from the jar)
- 1 Tbsp reduced-sodium soy sauce

### Directions

1. Cook rice according to the instructions on the package.
2. Heat oil in a large, non-stick skillet on medium-high heat. Add onions and garlic. Stir to coat them in the oil and let cook for 1 minute.
3. Add kimchi, frozen vegetables, and cooked rice. Next add the beaten eggs. Mix well and let cook for 4 minutes, stirring occasionally.
4. Gradually stir in the spinach until all added and wilted.
5. Mix in the soy sauce and kimchi juice.
6. Serve immediately and refrigerate leftovers.

\*Make it a main dish by adding in some extra protein such as cooked chicken, shrimp, beans, or beef.

### **Nutrient Facts:**

Calories 316, Fat 13g, Sat fat 2g, Protein 11g,  
Carbohydrates 44g, Fiber 6g, Sugars 3g Added sugars  
0g, Sodium 597mg

### **Recipe adapted from**

<https://www.cookinglight.com/recipes/kimchi-fried-rice>

# EAT WELL, AGE WELL: GUT HEALTH

## Gut Health: Why is it important?

Our gut health is connected to so many other aspects of our health and well-being. This is why doctors say it's best to eat foods that contain lots of fiber, probiotics, and prebiotics. These healthy bacteria aid in digestion of foods and have anti-inflammatory properties in the body.

Probiotics have also been shown to improve the function of the immune system to protect against illnesses. It is important to incorporate gut healthy foods into your diet to keep your immune function and digestion in tip-top condition!

## Gut Health Smoothie: (serves 1)



Photo Courtesy of Pixabay.com

### Ingredients:

- 1 cup milk of choice
- 1-inch ginger (or 1 ¼ tsp. ground)
- ½ cup frozen berries
- 1 frozen banana
- ¼ avocado
- ½ tsp turmeric

## Directions

1. Combine ginger, frozen banana and berries in blender.
2. Add avocado to blender.
3. Add milk to blender.
4. Add turmeric.
5. Blend on high speed for 2 min. or until smooth and serve.

## Nutrition Facts

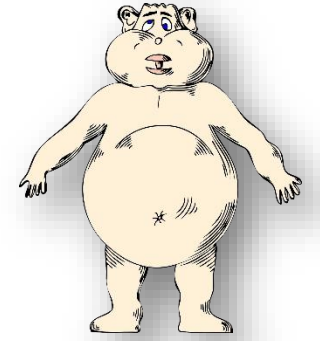
Gut Health Smoothie

Serving Size: 1 Serving (488g)

Amount Per Serving	
<b>Calories</b> 313	Calories from Fat 76
% Daily Value	
<b>Total Fat</b> 8.4g	13%
Saturated Fat 1.4g	7%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1.2g	
Monounsaturated Fat 5.1g	
<b>Cholesterol</b> 4.9mg	2%
<b>Sodium</b> 109mg	5%
<b>Potassium</b> 1205mg	34%
<b>Total Carbohydrates</b> 54g	18%
Dietary Fiber 9.9g	40%
Sugars 32g	
<b>Protein</b> 12g	
Vitamin A	14%
Vitamin C	60%
Calcium	25%
Iron	13%

\* Percent Daily Values are based on a 2000 calorie diet.

*“Your heart and gut are still your best guide.” Naveen Jain*



## Was it something I ate?

## Low FODMAP Diet

Many people suffer from Irritable Bowel Syndrome (IBS). Recent research has shown that certain carbohydrates can contribute to symptoms of IBS sufferers and these carbs are: **Fermentable, Oligo-saccharides, Di-saccharides, Mono-saccharides and Polyols**. What does this mean? These short-chain carbohydrates are found naturally in many of the foods and have three characteristics in common: 1. They may be poorly absorbed in the intestine. 2. They draw extra water into the intestine. 3. They are rapidly fermented by bacteria in the gut. Depending on the amount eaten and your tolerance, FODMAPs can lead to gassiness, bloating, abdominal pain and diarrhea.

If you are having bothersome symptoms after eating these foods, consult a medical professional to rule out celiac disease, cancer and food allergies or intolerances, prior to starting any new diet. If a FODMAP diet is prescribed, work with a Registered Dietitian Nutritionist (RDN) to make sure you're getting the nutrients you need.

**Oligosaccharides:** Foods that contain these are onions, garlic, artichokes, lentils, chickpeas, beans, Brussels sprouts and soy-based foods.

**Disaccharides:** Milk, yogurt, soft cheeses, ice cream and puddings are all disaccharides containing lactose.

**Monosaccharides:** Some examples include (but are not limited to) agave, honey, mangos, watermelon, sugar snap peas and high fructose corn syrup.

**Polyols:** Found in cherries, nectarines, apples and pears; in vegetables such as mushrooms and cauliflower; and in some sugar substitutes containing xylitol or sorbitol. **Read More at:** <https://www.aboutibs.org/low-fodmap-diet.html>

*“Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.” – Mark Halperin*