



<https://www.sciencedirect.com/topics/medicine-and-dentistry/gut-microbiome>

## EAT WELL, AGE WELL. GUT HEALTH

Maintaining a healthy gut contributes to better overall health and immune function. Eating foods that are high in fiber and contain natural prebiotic and probiotics can aid in digestion of food and help decrease inflammation in your body.

Have you heard the words, “gut microbiome” or “gut flora” and wondered what they mean? The human microbiota consists of a wide variety of bacteria, viruses, fungi, and other single-celled animals that live in our body. The microbiome is the name given to all the genes inside these microbial cells. The human microbiota is made up of trillions of cells and the biggest populations of these microbes reside in our gut.

The gut microbiota of everyone is unique. It can heavily contribute to how a person fights disease, digests food, and even plays a role in our mood and psychological well-being. It is implicated in several diseases that cause a disturbance in the normal balance of microbes.

The good news, there are simple ways to improve your gut health that we highlight this month.

### WEEKLY CHALLENGES

EAT A FERMENTED FOOD AT LEAST ONCE THIS WEEK.

EAT A FOOD HIGH IN PREBIOTIC FIBER AT LEAST TWICE THIS WEEK

REPLACE AT LEAST 1 SUGARY TREAT WITH FRUIT THIS WEEK.

GET GOOD QUALITY SLEEP

### DID YOU KNOW?

The human body is host to around 100 trillion microbes. They outnumber the human cells in the body 10 to 1.

## Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

### **Week 1:** Give out/Post

- The 1- page overview handout *Gut Health*
- Placemat/handout – *Yes you Can- Black Bean Chili*
- Table Tent- *Fermented Foods*
- *Monthly Tracking Calendar*

### **Week 2:** Give out/Post

- Placemat/handouts – *Gut Health Smoothie*
- Table Tent- *Flexitarian Diet*

### **Week 3:** Give out/Post

- Placemat/handouts – *Kimchi Fried Rice*
- Table Tent- *Prebiotics*

### **Week 4:** Give out/Post

- Placemat/handout- *FodMap Diet*
- Table Tent- *Whole Grains role in Gut Health*

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)