

.....Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Gut Health: Fermented Foods

What are fermented foods?

- Fermented foods are foods that have gone through the process of fermentation which involves the breakdown of sugars by yeast and bacteria. These foods provide health benefits such as improved digestion and gut health.

Weekly Challenge

Try something
fermented this
week!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. July 2019

Gut Health: Fermented Foods

What are some examples of fermented foods?

- There are a wide variety of fermented foods and even drinks that can provide gut health benefits.
- Some examples are sauerkraut, kombucha, yogurt, pickles, sour-dough bread, and many more!

Weekly Challenge

Try something
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Gut Health: Fermented Foods

How do fermented foods benefit my gut health?

- Fermented foods are rich in gut health benefits. Fermented foods increase the amount of good bacteria, or probiotics, in the gut. In addition to improving digestion, probiotics have been shown to improve immune system function and bowel health.

Weekly Challenge

Try something
fermented this
week!



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Gut Health: Flexitarian

What is the Flexitarian Diet?

- The vegetarian diet with flexibility for meat and poultry. The diet can be used by anyone because the food choices are so balanced. Each person needs to take their portions, activity level, and lifestyle into account before considering this diet.

Weekly Challenge

Try Meatless Monday!



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Gut Health: Flexitarian

How Can I Participate Without Committing?

- There is a social media trend called “Meatless Monday Initiative”. It is as simple as it sounds, just choose not to eat meat on Mondays.
- Try to focus on including mostly plant products during meals.

Weekly Challenge

Beans, nuts, & dairy are meat-free protein sources.



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Gut Health: Flexitarian

Benefits of Being a Flexitarian?

- Reduced risk of cardiovascular disease and lower mortality.
- Eating more plants and vegetables increases nutrient density for fewer calories.
- Can contribute to a healthy BMI (Body Mass Index).

Weekly Challenge

Try Meatless Monday!



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Gut Health: Prebiotics



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Probiotics are the good bacteria that are commonly sought after in foods and supplements. However, just as important are prebiotics. Prebiotics can be thought of as the food that good bacteria eat and require in order to thrive. Common food sources of prebiotics are bananas, berries, legumes, garlic, onions, whole grains, nuts, and seeds.



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Weekly Challenge:

Add 3 extra servings of fruits or veggies. Ex: Sweeten up some plain, low-fat yogurt with mixed berries.

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Gut Health: Prebiotics



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Prebiotics contain types of fiber that reach the colon intact where they ferment and feed good bacteria.

Food Sources include:

Artichokes, Asparagus, Banana, Brussels sprouts, Broccoli, Cabbage, Celery, Chickpeas (garbanzo beans), Garlic/Leeks/Onions, Honey, Oats, Barley, Pistachios, Raspberries.

Weekly Challenge:

Try and eat at least one food rich in prebiotics daily.



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Gut Health: Prebiotics



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Bananas are a simple, easy, inexpensive way to add prebiotics to your diet. You can eat them whole, add to cereal, yogurt, or smoothies. You can also mash them and use as a substitute for oil or fat in a recipe. If you have a blender, you can blend frozen banana into an ice cream like consistency and enjoy with some healthy toppings like nuts or fruit.

Weekly Challenge:

Get creative with bananas this week!



GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine. July 2019

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Gut Health: Whole Grains

Whole grains help feed the “good” bacteria in the gut. This gut food is also known as prebiotics.

The prebiotics help grow helpful bacteria. Prebiotics help improve gut health and increase calcium absorption! Whole grains are found in many different foods like whole grain bread, brown rice, and oats.



Weekly Challenge:

Try a recipe with bananas. Such as homemade banana bread or banana oatmeal pancakes.



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Gut Health: Whole Grains

Research suggests that the increased soluble fiber content of whole grains may help lower blood lipids by preventing cholesterol reabsorption in the gut, and may promote good gut health by providing prebiotics, a type of fiber that feeds healthy gut bacteria.



Weekly Challenge:

Include Whole Grains with meals at least 3 times this week.



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Gut Health: Whole Grains

Choose foods that name one of the following whole-grain ingredients **first on the label's ingredient list** : brown rice, buckwheat, bulgur, millet, oatmeal, popcorn, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole-grain sorghum, whole-grain triticale, whole oats, whole rye, whole wheat, wild rice.

Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" **are usually not whole-grain products.**

Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients.

Read the ingredient list to see if it is a whole grain.

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