

EAT WELL, AGE WELL. GUT HEALTH MONTH

Myth Busted: You can cleanse your gut

It is often seen that individuals will do “cleanses” by drinking juices or using herbs. However, there is no scientific evidence supporting the claim of cleansing.

Your digestive tract is not technically dirty, so it is not necessary to cleanse it. Your body is extremely complex and does a great job of cleansing itself.

The best thing you can do to support your gut, is to eat a balanced diet containing probiotics and fiber.

Broccoli Cauliflower Soup: Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- 2 Tbsp. olive oil
- ½ yellow diced onion
- 1 garlic clove
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 cup bone broth
- ½ cup coconut milk
- 2 tsp. sea salt
- **Optional:** 2 chives, extra olive oil and/or extra sea salt and black pepper for topping

Directions

1. Set a large stock pot on medium-low heat.
2. Dice the onion, mince the garlic, then add to the pot with the olive oil.
3. Stir occasionally for about 5 minutes until the onions are translucent.
4. Add the broccoli and cauliflower, bone broth, coconut milk, and sea salt.
5. Turn the heat up to medium-high and let cook until the vegetables are tender.
6. Use an immersion blender or transfer to a separate blender and combine until the soup is completely mixed.
7. If using, chop the chives and sprinkle on the top of the soup with an extra drizzle of olive oil and sea salt.

Recipe adapted from:

<https://www.healthline.com/health/gut-health-meals>

EAT WELL, AGE WELL. GUT HEALTH

What is gut health?

While there is no exact definition for gut health, our gut and digestive system are very important to our body.

Inside the gut there are over a trillion very small organisms that promote normal GI (gastrointestinal) function, protect from infection, and regulate metabolism. Taking care of the small organisms in our gut is vital to our health!

Different kinds of foods that can help with gut health are fruits, vegetables, and whole grains.

Source:

<https://www.todaysdietitian.com/newarchives/060112p58.shtml>

Homestyle Coleslaw:

Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- 1 2/3 cups thinly sliced cabbage
- 1/4 cup shredded carrots
- 1 Tbsp. chopped fresh parsley
- 1/4 shallot thinly sliced
- 1/4 cup plain Kefir
- 2 tsps. canola oil
- 2 tsps. red wine vinegar
- 1 tsp. honey
- Sprinkle of salt
- Sprinkle of freshly ground black pepper

Directions

1. Stir together the cabbage, carrots, and parsley in a bowl.
2. Whisk together shallot, kefir, oil, vinegar, honey, salt, and pepper in a different bowl. Pour over cabbage mixture and toss to coat.
3. Let stand for 15 minutes before serving.

This coleslaw provides probiotics that aide in gut health and can be used as a quick and easy snack or side salad to a meal.

Recipe adapted from: Sophia Doria
<https://www.foodnetwork.ca/recipe/homestyle-kefir-coleslaw/17483/>

EAT WELL, AGE WELL: GUT HEALTH

Why is Gut Health so important?

Our gut plays an important role in our health and affects countless other aspects like improved immunity and anti-inflammatory properties.

Did you know that what we eat effects our gut health? Thus it is recommended to eat foods that contain a lot of fiber, probiotics, and prebiotics. These foods and healthy bacteria help the gut become healthy and strong.

Finding these foods is easy as well. Some examples are fruit, vegetables, whole grains, and yogurt.

Gut Friendly Banana Smoothie: (serves 1)



Photo Courtesy of Denis Tuksar on Unsplash .com

Ingredients:

- 1 cup milk of choice
- ½ Tablespoon peanut butter (or another nut butter)
- ½ cup frozen berries
- ½ banana
- ½ teaspoon cinnamon (optional)

Directions

1. Combine banana and berries in blender.
2. Add peanut butter.
3. Add milk to blender.
4. Add cinnamon.
5. Blend on high speed for 1 min. or until smooth and serve.

Nutrition Facts	
usually 1 servings per container	
Serving size	1 smoothie
Amount Per Serving	
Calories	280
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.3g	12%
Trans Fat 0.1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.8g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 44g	16%
Dietary Fiber 8g	29%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 2.928mcg	15%
Calcium 356mg	25%
Iron 1.4mg	8%
Potassium 864mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe from: unsplash.com

“The road to health is paved with good intestines!” – Sherry A. Rogers

EAT WELL, AGE WELL: GUT HEALTH

What is Gut Health?

Gut health refers to the microbial flora within our digestive system. The digestive system is packed with healthy bacteria that are essential for our immune systems, physical and mental health, and so much more!

Healthy individuals have a diverse microbiome whereas unhealthy individuals tend to have a much less diverse microbiome. Improve your microbiome by learning more about gut health!

Homemade Pickles:



Ingredients:

- 12 ounces small pickling cucumbers (around 2 inches long)
- several sprigs fresh dill
- 2 cloves garlic, smashed and peeled
- 1 teaspoon black peppercorns
- 1 large bay leaf
- 1/2 teaspoon whole coriander seed
- 2 cups hot water (filtered if possible)
- 1 tablespoon sea salt
- 1 tablespoon unfiltered apple cider vinegar

Directions

1. Wash the cucumbers.
2. Fill a bowl up with warm tap water and a little salt and mix.
3. Drain and rinse again.
4. Put into a quart jar: 1 garlic clove, dill, half the peppercorns and half the coriander. Pack the pickles into the jar. They should just reach the neck of the jar.
5. Add the other garlic and remaining spices.
6. Dissolve salt in the hot water and then add vinegar. Pour into jar.
7. Seal loosely with a ring and cap or tie some cheesecloth over the top.
8. Place jar on a small plate to catch drops and put it in a dark spot for a few days.

Once some bubbles have started to form around the top of the brine, you can taste the pickles and see how you like them. For more sour pickles, let them sit longer. If you like them, cover the jar, and refrigerate. Eat within a couple of weeks for the best texture.