

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

Gut Health:

The Mediterranean Diet



Pexels.com

The Mediterranean Diet includes fiber rich foods like fruits, vegetables, whole grains and legumes.

Weekly Challenge:

Add 3 extra servings of fiber-rich foods. Ex: Try making a yogurt parfait by taking low-fat yogurt and adding your favorite berries and nuts.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Christel Weltzin 8-2021

Gut Health: The Mediterranean Diet

These foods help create and fuel the “good bacteria” in the gut, also known as prebiotics. This can promote good gut health and better overall health.



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Gut Health: The Mediterranean Diet

Good foods to consider would be berries, peas, apples, nuts, oats and much more.



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Gut Health Foods: Yogurt



A healthy gut is important at any stage of life. One food that can help keep the gut lining healthy is yogurt.

Yogurt has probiotics in it, keeping the gut enzymes and bacteria active in digestion.

Source: <https://www.agingcare.com/articles/the-aging-digestive-system-maintaining-gut-health-as-you-age-211926.htm>

Weekly Challenge:

Try incorporating your favorite yogurt into a meal this week!



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Gut Health Foods: Broccoli



Fiber plays an important part in colon and gut health. Fiber helps with colon function and regularity with passing stools. Fiber can be found in many different foods. Foods such as whole-grain bread, brown rice, black beans, broccoli and many other foods.

Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-foods-to-improve-your-digestion>

Weekly Challenge:

Try using a recipe that has broccoli in it this week!



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Gut Health Foods: Avocado



Avocados are packed with nutrients essential for gut health. Avocados have fiber and potassium, which both promote healthy digestion.

Avocados are less likely to cause gas and diarrhea than other fatty foods.

Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-foods-to-improve-your-digestion>

Weekly Challenge:

Try using a recipe with avocados in it this week!



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Gut Health: Simplified

You have many microbes in your body, especially lining your intestinal tract. These gut microbes are necessary for digestion, producing vitamins such as vitamin K, B7, and B12. They also serve other functions such as regulation of appetite and aid in the production of the “feel-good” neurotransmitter called serotonin.

An imbalance in the mix of bacteria has been linked to obesity, depression, and diseases such as heart disease and diabetes.

Weekly Challenge

Learn more about how you can take care of your gut!

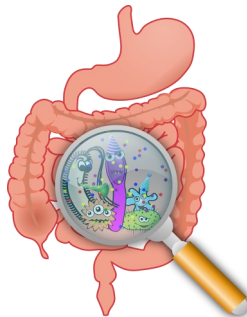


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Gut Health: Simplified

Research has found that consuming a balanced diet allows for a diverse population of microbes in the gut. Therefore, it is important to eat a varied diet that may include beans, fruits, vegetables, lean meat, and whole grains. For specific nutrition advice, consider a consultation with a Registered Dietitian.

While eating a balanced diet is beneficial, it is also important to enjoy your food. Try different recipes and ways of making your food to benefit your gut and your taste buds!



Photo courtesy of Pixabay.com

Weekly Challenge

Incorporate various food groups in your meals!

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Students by Katelyn Kruger 8-2021

Gut Health: Simplified

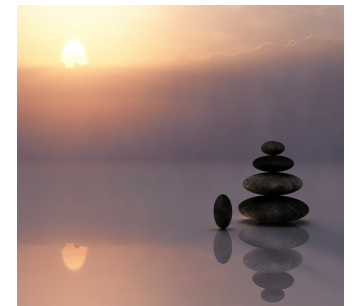
Practice stress relief in ways that work for you. Relieving stress has been found to suppress chronic inflammation and help individuals maintain a beneficial gut-barrier function.

A few suggestions include:

- Yoga
- Prayer
- Meditation
- Counseling
- Guided imagery

Weekly Challenge

Try different and new techniques to reduce stress!



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Gut Health:

Did you know there are over 100 trillion microorganisms in your microbiome!?

These microorganisms include bacteria, viruses, and yeasts. There are many good bacteria within our microbiome that help aid our digestion, increase our immunity, and even improve our brain health!

There are many ways you can increase the amount of good bacteria in your gut and therefore improve your health!

Weekly Challenge

Try eating a fermented food 3 times this week!

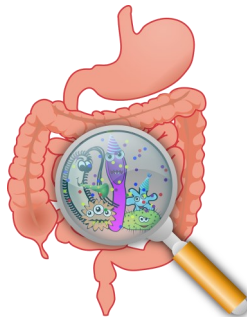


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Gut Health:

Exercise is one way you can improve your gut health. Research has shown that individuals who exercise regularly have a more diverse microbiome than those who do not. Diversity of microorganisms is associated with healthier individuals.

Regular exercise can reduce stress levels which also helps to improve gut health. Regular exercise can be anything from a brisk walk, a bike ride, or even dancing! So get out there and do your favorite exercise!



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Weekly Challenge

Get outside and exercise this week!

Gut Health:

Following a vegetarian diet has been shown to increase gut health. This is due to the high amount of prebiotic fiber in a vegetarian diet. One study also showed that a vegetarian diet can also decrease inflammation in the gut.

If you are not ready to fully commit to a vegetarian diet, try flexitarianism!

This diet is a great way to incorporate more plant based foods into your diet while still getting to eat your favorite animal based foods once in a while.

Weekly Challenge

Cook a vegetarian meal for one meal this week.



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