GUT HEALTH

The more we learn about gut bacteria, or microbiota, the more we realize how it is influencing many aspects of our lives. The gut is part of our digestive tract. This is where food is broken down and absorbed into our bodies and is full of billions of different bacteria. 

The “good” bacteria help balance the “bad” bacteria. Maintaining a healthy balance is KEY to healthy bodies.

If the balance is off, you are more likely to develop symptoms of irritable bowel syndrome or IBS.

THE GUT AND BRAIN CONNECTION

We know our brains sends messages out to our body, but did you know the gut sends messages back? Bacteria mediates the communication between our brain and gut. Some studies show that our gut bacteria can affect how our brain processes information from our five senses. An imbalance of bacteria can lead to inflammation in the body. When inflammation is present, specifically the brain, it can contribute to anxiety and depression symptoms.

PREBIOTICS & PROBIOTICS

**Probiotics:** Often found in supplement form and is defined as the living organisms that add bacteria strains to the gut. Probiotic foods include fermented foods like yogurt, kimchi, kefir and kombucha.

Probiotics may have a cholesterol lowering effect on the body. Intake of several probiotics strains have also been shown to reduce symptoms of IBS.

**Prebiotics:** the foods that feed the bacteria in your gut, such as certain fruits and vegetables. These aid the growth of good bacteria.

Prebiotic foods include soybeans, artichokes, raw oats, and unrefined wheat. Several prebiotic foods have shown to reduce symptoms associated with intestinal bowel disorder and show protective effects against cancer.
BLACKBERRY YOGURT BREAKFAST BOWL

Find more recipes at https://www.mindful.sodexo.com/mindful-meals-recipes/

INGREDIENTS

Makes 4 servings

• 3 cups plain yogurt
• 3/4 cup fresh blackberries, plus more for topping
• 1 tbsp honey or agave nectar
• 1/2 cup peeled, diced mango
• 2 kiwis, peeled & diced
• 1/2 cup strawberries, sliced

DIRECTIONS

1. Combine yogurt, 3/4 cup blackberries and honey or agave until evenly blended
2. Place about 3/4 cup of yogurt mixture in serving bowl
3. Top with
   • Diced mango
   • Strawberry slices
   • Kiwi slices
   • Blackberry slices

⇒ Optional: top with favorite granola

References:

FOR MORE INFORMATION, PLEASE CONTACT:
Chelsea Champagne, MS, RD, LDN
District Campus Dietitian
Chelsea.Champagne@sodexo.com