

# nutrition NEWSLETTER

October 2020

## GUT HEALTH

As we grow our knowledge around gut bacteria, the more we realize how it influences many aspects of our lives. The gut is part of our digestive tract and is full of billions of different bacteria.<sup>1</sup>

The “good” bacteria help balance the “bad” bacteria and maintaining a healthy balance is KEY to healthy bodies.<sup>1</sup>

## THE GUT AND BRAIN CONNECTION

We know our brain sends messages out to our body, but did you know the gut sends messages back? Bacteria helps regulate the communication between our brain and gut.<sup>2</sup> Some studies show that our gut bacteria can even affect how our brain processes information from our five senses.<sup>1</sup> An imbalance of bacteria can also lead to inflammation in the body, something we don't want!

## PREBIOTICS & PROBIOTICS

Probiotics – Are the live healthy bacteria found in the gut, which can be replenished by food or supplements.

Probiotic foods include fermented foods like sauerkraut, kimchi, yogurt, kefir, and kombucha.

Prebiotics - the fiber rich foods that feed the healthy bacteria in your gut, such as certain fruits and vegetables. These aid the growth of good bacteria as well as project against the bad bacteria.<sup>3</sup>

Prebiotic foods include asparagus, avocado, bananas, garlic, leeks, onions, legumes, honey, eggplant, soybeans, artichokes, and whole grains.

Fiber - High fiber foods also help feed the healthy bacteria in our gut! Aim for 25-30grams of fiber each day.

Fiber foods: whole grains, nuts, seeds, fruits, and vegetables!





# 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 until evenly blended
  2. Scoop yourself a serving, about 3/4 cup
  3. Top with
    - Diced mango
    - Kiwi slices
    - Strawberry slices
    - Blackberries
- ⇒ Optional: top with your favorite granola



### References:

1. How Your Gut Health Affects Your Whole Body. Accessed September 10, 2020. <https://www.webmd.com/digestive-disorders/ss/slideshow-how-gut-health-affects-whole-body>
2. KcD, Sumner R, Lippmann S. Gut microbiota and health. Published online 2019. doi:10.1080/00325481.2019.1662711
3. Pandey KR, Naik SR, Vakil BV. Probiotics, prebiotics and synbiotics - a review. *J Food Sci Technol*. Published online 2015. doi:10.1007/s13197-

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