

NEW / NEW
YEAR / YOU

BOOST YOUR
GUT HEALTH

Food is truly medicine, and the gut microbiome is living proof. The gut or digestive tract is home to over 10-100 trillion bacterial cells referred to as microbiota and collectively are called the microbiome.

These bacteria are essential for digesting, absorbing and metabolizing food as well as supporting mental and immune health. In fact, 60-70% of our immune system is in our gut. We have a diversity of good and bad gut bacteria. When it is out of balance, our gut (and immune system) will not function optimally – giving us digestive issues and, in more severe cases, may trigger disease.

The gut microbiome changes with the individual over time; it is affected by several factors, including age, long-term dietary habits, lifestyle, environmental exposures, antibiotic use and stress. The good news is we can restore our gut microbiome with the foods we eat. In fact, dietary changes impact the gut microbiota within 24 hours. Diversity of bacteria is the goal: the more diverse the diet, the more diverse the microbiota.

What to Eat for a Diverse Microbiota

Foods containing prebiotic fibers which good gut bacteria needs to grow and survive

Leeks, onions, garlic, jicama, asparagus, apples, seaweed, Jerusalem artichokes, chicory root, dandelion greens, tomatoes, peas, soybeans, whole grains, flax seed, legumes, nuts, cooked and cooled potatoes or white rice

Probiotic foods that restore and maintain good gut bacteria

Kefir, yogurt, kimchi, krauts, kombucha, miso, other cultured dairy and dairy alternatives

Foods rich in omega-3 essential fatty acids

Best sources: oily fish such as salmon, sardines and tuna
Good sources: walnuts, chia seeds and flax seeds

A balanced amount of plant-based and animal-based proteins

Plant-based whole foods like legumes, nuts, tofu and seeds & lean animal-based whole foods such as poultry, fish, shellfish, eggs and dairy products

Foods rich in vitamins, minerals and polyphenols

Vegetables, fruits, herbs, cacao, whole grains and nuts

St. Charles AAA

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 Sausage/Pinto Beans Rice Orange Juice Mixed Greens Cornbread Fruit & Grain Bar Margarine	4 Turkey King Ranch Brussels Sprouts Glazed Carrots Wheat Bread Apple Juice Margarine	5 Meatloaf Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Chocolate Pudding Margarine	6 Egg Patty(2ea)/Gravy or Sausage/Gravy Grits Cranberry Juice Chantilly Potatoes Biscuit Banana Margarine
9 Turkey & Sausage Jambalaya Cabbage Carrots Wheat Bread Oatmeal Crème Cookie Margarine	10 Ham & White Beans Brown Rice Mixed Greens Orange Juice Cornbread Fig Bar Margarine	11 Chicken and Sausage Gumbo Rice Okra & Tomatoes Potato Salad Saltine Crackers Birthday Cake	12 Hamburger Lettuce/Tomato/Pickle Baked Beans WG Hamburger Bun Mixed Fruit Cobbler Chocolate Milk Mayonnaise Ketchup/Mustard	13 Pork Riblet Pork Gravy California Vegetables Whipped Potatoes Wheat Bread Chocolate Chip Cookie Margarine
16 CLOSED	17 Chicken Parmesan Venetian Vegetables Green Beans Wheat Bread Oatmeal Crème Cookie Margarine	18 Taco with Cheese Lettuce/Tomato Pinto Beans Tortilla Chips Fresh Orange Taco Sauce	19 Ham & Black-eyed Peas Rice Cabbage Apple Juice Cornbread Fresh Fruit Margarine	20 Turkey & Cheese Lettuce & Tomato Black Bean Salad Wheat Bread (2 slc) Fresh Fruit Mustard Mayonnaise
23 Chicken Stew Rice Brussels Sprouts Wheat Bread Fruit & Grain Bar Margarine	24 Hot Dog with Chili Cranberry Juice Baked Beans WG Hot Dog Bun Spiced Peaches	25 Beef Meat Sauce with Penne Pasta Tossed Salad Italian Vegetables Wheat Bread Apple Cobbler Assorted Dressing Margarine	26 Sliced Ham Raisin Sauce Broccoli & Cauliflower Whipped Potatoes Wheat Bread Fruited Gelatin Margarine	27 BBQ Chicken Country Corn Green Beans Wheat Bread Fresh Fruit Margarine
30 Baked Meatballs Brown Gravy Chantilly Potatoes Glazed Carrots Wheat Bread Fudge Round Margarine	31 Red Beans & Sausage Rice Coleslaw Mixed Greens Cornbread Fresh Apple Margarine	Each Meal is Served with 1/2 Pint of 2% Milk		 <p>TRIO Community Meals an elior company</p>