

EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Make Your Microflora Microflourish

Picture College Avenue around 3 o'clock in the afternoon—students flooding The Yard bus stop, pushing their way to get on a crowded LX bus, others running to class, and some just enjoying a coffee at Starbucks. Now imagine this at a microscopic level and you have an idea of how busy and complex it gets in our gut microbiome. The microbiome is a community of trillions of different microorganisms (also called *microflora*) living and working together in our gut. These microorganisms have been shown to regulate fat storage, blood glucose levels, and hormones that make us feel hungry or satiated. Follow the twists and turns of the intestines to learn how to keep your gut microbiome happy and healthy.

Probiotics

Probiotics contain live microorganisms intended to temporarily introduce beneficial bacteria into our gut. Incorporate probiotics in your dining hall meal by adding yogurt, tempeh, or miso when available.

Prebiotics

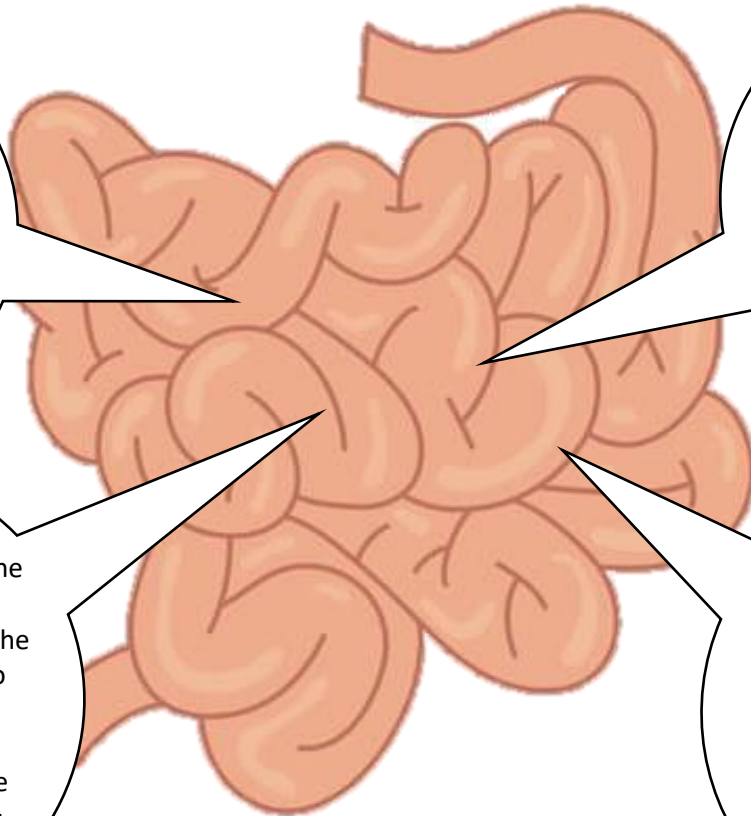
Prebiotics are foods containing fiber that feed our microflora, promoting growth and diversity. Add prebiotics to your diet by eating foods such as whole grains, bananas, greens, onions, garlic, soybeans and artichokes.

The Second Brain

Our gut, often referred to as the "second brain", produces hundreds of neurochemicals. The brain uses these chemicals to regulate basic physical and mental processes. Learning, memory, and mood can all be affected by the health of our microbiome.

Dietary Fiber

If your microflora had a favorite food, it would be fiber. Some studies have shown improved insulin sensitivity, weight regulation, and reduced inflammation to be associated with dietary fiber intake.



Go with your gut!

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The Microbiome. Available at: <https://www.hsph.harvard.edu/nutritionsource/microbiome/>. Accessed on: Nov 23, 2018. *Why Healing your Gut (and Keeping your Gut Happy) is Essential for Good Health*. Available at: <https://foodrevolution.org/blog/best-foods-for-gut-health/>. Accessed on: Nov 23, 2018. *What are probiotics and prebiotics?* Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/probiotics/faq-20058065>. *That Gut Feeling*. Accessed on: April 12, 2023. Available at: <https://www.apa.org/monitor/2012/09/gut-feeling>. Accessed on: April 12, 2023. *Dietary Fiber, Gut Microbiota, and Metabolic Regulation*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7146107/>. Accessed on: April 12, 2023.

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