

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

G.I. Tract: A True Digestive Hero

Much like G.I. Joe, your gastrointestinal (G.I.) system is a hero - it allows your body to absorb nutrients and maintain health. While the intestines are a well-known part of the G.I. tract, the microbiome is an equally important component of digestion that is often overlooked and sometimes neglected. Approximately 40 trillion microorganisms are present in the intestines, affecting the way that you store fat, how you balance levels of glucose in your blood, and how you respond to hormones that make you feel hungry or satiated. Go through the twists and turns of the intestines to learn how to keep your gut microbiome happy and healthy.

Probiotics

Probiotics are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.

Probiotics can be found in fermented foods such as yogurt, sauerkraut, and miso.

Prebiotics

Prebiotics are nondigestible carbohydrates
that fuel beneficial bacteria
in the colon.
Prebiotics such as inulin and
oligosaccharides can be
found in foods such as
asparagus, garlic, onion,
and oats.

Nature vs Nurture

Multiple factors like DNA, your mother's microbiome at birth, and environment can influence early development of your microbiome; however, diet is a key contributor to the long-term maintenance of your gut microbiota.

Dietary Fiber

The most central prebiotic of all is fiber. A 25-gram daily intake of dietary fiber is recommended for a 2,000 calorie diet.

Good sources of dietary fiber include fruits,

ve<mark>geta</mark>bles, beans, and whole

Go with your gut!

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Sources: *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-forgut-health/. Accessed on: Nov 23, 2018. *Probiotics and Prebiotics: Creating a Healthier You*. Available at:

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