



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



Breaking down Pre- and Pro- Biotics

Your gut microbiome contains trillions of "good" bacteria, and they are just as hungry as you are after a busy afternoon of back-to-back classes! You can go to Livingston Dining Commons to enjoy a balanced meal, but how do the bacteria in your gut microbiome satiate their hunger? Prebiotics are a component of foods that act as a fuel source for the microorganisms in our gut to feed on. Our microbiome can also be improved by probiotic foods, which contain live microorganisms that may help to maintain or improve our gut health by diversifying the "good" bacteria. Read below to delve deeper into these gut health superstars and discover how you can incorporate them into your diet.

PROBIOTICS: THE "GOOD" BACTERIA

Not all bacteria have a negative effect on your health, in fact, the live active cultures in probiotics can positively alter the composition of your gut microbiome by increasing bacteria diversity. However, this effect is only sustained if you consistently replenish the probiotics. When you think of getting probiotics you might think of supplements, but did you know you can find probiotics in fermented foods? Look for these probiotics in the dining halls in foods such as yogurt, sauerkraut, kimchi, and miso soup.



PREBIOTICS: FEED YOUR BODY'S "GOOD" BACTERIA

Your gut microbiome is comprised of "good" and "bad" bacteria. Prebiotics act as food for the "good" bacteria. Prebiotic foods are typically high in certain types of fiber and are commonly found in many fruits, vegetables, legumes, and whole grains. As these prebiotics make their way to your colon, the good bacteria in your microbiome digest them, supporting your gastrointestinal health. Good gastrointestinal health can improve digestion, immunity, and is associated with other health benefits.

Here are some ways you can add prebiotics and probiotics to your meal in the dining hall:

- The perfect "pro and pre" combo: a Greek yogurt parfait with fresh fruit and a handful of whole grain cereal, such as granola.
- Fill a whole wheat wrap with mixed vegetables and chickpeas.
- Ask for tofu in your stir-fry, served with brown rice.
- For a prebiotic filled pasta dish, ask for whole wheat pasta with asparagus, onions, and garlic.

Go with your gut... and feed your microbiome!

Revised by: Hannah Briggs

Reviewed by: Dr. Malcom Watford - Department of Nutritional Sciences

References: *What Are Prebiotics and What Do They Do?* Available at: <https://health.clevelandclinic.org/what-are-prebiotics> Accessed on: 3/1/24. *An Introduction to Probiotics.* Available at: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/an-introduction-to-probiotics> Accessed on 3/1/24. *Probiotics, prebiotics, and postbiotics in health and disease.* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10625129/> Accessed on: 3/5/24.

RUTGERS
Student Affairs

Dining Services

 / @rutgersdining
food.rutgers.edu

Questions? Like us on Facebook (RU Healthy Dining Team), Instagram (@ru_hdt), or email nutrition@dining.rutgers.edu.