

## Nourishing Your Gut

Having a healthy gut can affect your overall health, including your immune system. There is still a lot of research to be done, but we do know that probiotics and prebiotics may help keep your gut healthy.



### What are Probiotics?

Probiotics are bacteria that have health benefits, when they are included in our diet in the right amount. Common ways to get probiotics are:

- Probiotic yogurt
- Kefir
- Supplements

Research shows that probiotics may help with some conditions such as: diarrhea (from antibiotic use or an infection), constipation, ulcerative colitis and irritable bowel syndrome. The two most common types of probiotics found in food and supplements are Lactobacillus and Bifidobacterium. Different probiotics have different effects. They are most useful when you use the correct type of probiotic for your condition for the right amount of time. If you have questions about choosing one that is right for you, talk to your health care provider.

### What are Prebiotics?

Prebiotics are carbohydrates that are not digested, such as fibre. They help good bacteria grow and multiply in your gut. Think of prebiotics as food for probiotics! Here are some examples of where prebiotics are found:

- Whole grains
- Ground flax seed
- Bananas
- Beans and lentils
- Onions
- Garlic
- Artichokes

Prebiotics are also added to some foods. For example, you might see chicory root or inulin in the ingredient list on breads and pastas.

## FOOD OF THE MONTH

### Yogurt



Yogurt has many nutrition benefits, including calcium and protein. There are many different types of yogurt. Here are some tips to help you choose:

- Choose a probiotic yogurt to get more gut health benefits. Look at the label for the name of the probiotic(s) and amount added. You may also find the name of the probiotic(s) in the ingredient list. Have probiotic yogurt every day for the most benefit.
- Check the Nutrition Facts table to see if your favourite yogurt contains vitamin D.
- Reduce added sugar by choosing plain yogurt. Add fruit for some natural sweetness.
- Try Greek yogurt or Skyr for a protein boost.
- Use plain Greek yogurt instead of sour cream in cooking and dips.

## Crunchy Granola Parfaits with Flaxseeds



Serves 8

### Ingredients:

1½ cups	375 ml	Rolled oats
¼ cup	60 ml	Flaxseeds
¼ cup	60 ml	Walnuts, chopped
¼ cup	60 ml	Apple sauce
1½ tsp	7 ml	Cinnamon
½ tsp	2 ml	Nutmeg
½ tsp	2 ml	Allspice
2½ cups	625 ml	Vanilla Greek yogurt

### Directions:

1. Preheat oven to 325°F.
2. Mix oats, flaxseeds and walnuts together in a large bowl.
3. Whisk apple sauce and spices together in a small bowl. Pour over oat mixture and mix until well coated.
4. Line a cookie sheet with parchment paper. Spread mixture over paper.
5. Bake for 15 minutes. Stir granola and bake for another 15 minutes. The granola will be dry and golden brown when done.
6. Portion out about ¼ cup yogurt in each dish. Serve ¼ cup granola over the top. Top with spices and serve.

### Nutrition Information per serving

Calories	207
Fat	6 g
Saturated Fat	0 g
Carbohydrate	31 g
Fibre	5 g
Protein	9 g
Sodium	33 mg

## In Your Kitchen

### Fermented Foods

Fermented foods are made by adding beneficial bacteria or yeast. After foods have fermented, some will have live bacteria. These bacteria may not be probiotics but could still have gut health benefits.

Examples of fermented foods with live bacteria include:

- Yogurt and kefir
- Kombucha
- Sauerkraut (unpasteurized)
- Kimchi
- Miso & tempeh (unpasteurized)

### Using Gut Friendly Foods in Your Kitchen

Make your gut happy with these meal and snack ideas:

- Have a serving of probiotic yogurt every day. Combine with granola and fruit for a quick and easy breakfast.
- Add kefir to your morning smoothie.
- Snack on a banana.
- Choose whole grain products more often. Look for bread and pasta with inulin or chicory root.
- Try kombucha for a refreshing beverage. Look for kombucha with no sugar added or compare products to choose one with a lower amount of sugar.
- Add a punch of flavour to your meals with sauerkraut or kimchi. Try a spoonful of either on your dinner plate.
- Flavour your meals with onion and garlic.

## Ask a Sobeys Dietitian

**I've heard that fibre is important for gut health. Is this true?**

Yes, Fibre is another important part of gut health, yet many of us do not get enough. Fibre is found in vegetables and fruit, whole grains, beans, lentils, nuts and seeds. Use the Nutrition Facts table to compare products and find foods with more fibre. 15% Daily Value means there is a lot of fibre, 5% Daily Value means there is a little.

### Hungry for more?

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