



No Guts, No Glory Add Fermented Foods

Fermented foods contain live microorganisms that resist digestion. They flourish once they reach our digestive tract and provide us with additional health benefits. They may help with weight loss, the prevention of type 2 diabetes, high cholesterol, and even mood disorders.

Plant-Based Probiotics:

- Tempeh (a fermented soybean product)
- Soy sauce
- Miso
- Water kefir
- Kombucha

To foster a healthy gut, make sure you include a variety of fruits, vegetables, whole grains, and legumes in your diet. Steer clear of inflammatory foods, like red meat, oils, fried foods, sugar, and cheese, to make sure your digestive tract has an easy time doing its job.

Seven Foods to Supercharge Your Gut Bacteria

Did you know we are only 10 percent human? Ninety percent of our cells are nonhuman, microbial cells. Since our diet influences our microbes, it's true: We really are what we eat.

The good news is that you can cultivate a new microbiota, formerly known as gut flora, in just 24 hours—by changing what you eat. Bacteria that live in our intestinal tract, also known as gut bugs, flourish off of colorful, plant-based foods.

Healthy gut bugs act like quarterbacks in our intestinal tracts: They call the shots and control the tempo by helping our bodies digest and absorb nutrients, synthesize certain vitamins, and rally against intruders, such as influenza and toxic cancer-forming carcinogens.

Here are seven gut bacteria foods to help you get started:

1. Jerusalem artichokes: High in insulin, strong prebiotic potential. It's good to ease into eating Jerusalem artichokes, as they may cause distress to people with sensitive digestive tracts.

2. Bananas: Restore health of the bacterial community and may reduce inflammation. This is one reason bananas are a standard prescription for an upset stomach.

3. Polenta: This high-fiber corn, the base of polenta, earns credit for fostering a healthy gut. Polenta's insoluble fiber travels directly to the colon, where it ferments into multiple strands of gut flora.

4. Broccoli and other cruciferous vegetables (kale, cabbage, and cauliflower): Cruciferous vegetables reduce inflammation and reduce the risk of bladder, breast, colon, liver, lung, and stomach cancer. Studies show people who eat the most cruciferous vegetables reduce their risk of colorectal cancer by 18 percent.

5. Blueberries: Studies continue to show blueberries may help strengthen our memory, improve our immune system, and diversify our gut bacteria.

6. Beans: Beans feed good gut bugs, which in turn revs up your immune system. Calorie for calorie, beans offer the most nutrition bang for your buck.

7. Fermented plant-based foods, tempeh and miso: Fermented foods directly inoculate your gut with healthy live micro-organisms that will crowd out the unhealthy bacteria, improve the absorption of minerals, and improve overall health.

Source: PCRM