

# The Gut Microbiome



When considering diet specifications we have to consider the specific needs of our gut microbiome.

What is the "gut microbiome":

Gut microbiota, gut flora, or microbiome are the microorganisms including bacteria, archaea and fungi that live in the digestive tract. These organisms are extremely important for controlling the digestion of food, immune system, central nervous system and other bodily processes. Our genes are also expressed from our microbiome which new studies now show that the gut microbiome plays a role in weight loss as well.

How can you keep your gut microbiome healthy?

## 1) Adequate dietary fibre

Food:	Serving Size:	Total Fibre:
Raspberries	1 cup	8g
Blueberries	1 cup	3g
Goji berries	1/3 cup	8g
Pear	1 medium fruit	5.5g
Apple with skin	1 medium	4.5g
Bananas	1 medium	3g
Orange	1 medium	3g

Strawberries	1 cup	3g
Green peas	1 cup	9g
Broccoli	1 cup	5g
Turnip	1 cup	5g
Brussel sprouts	1 cup	5g
Potato with skin	1 medium	4g
Sweet corn	1 cup	3.5g
Cauliflower	1 cup	3g
Cabbage	1 cup	2g
Carrot	1 medium	1.5g
Whole wheat pasta	1 cup	6g
Barley	1 cup	6g
Bran flakes	$\frac{3}{4}$ cup	5.5g
Quinoa	1 cup	5g
Oats	1 cup	5g
Popcorn	3 cups	3.5g
Brown rice	1 cup	3.5g
Whole wheat bread	1 slice	2g
Rye bread	1 slice	2g
Split peas	1 cup	16g
Lentils	1 cup	15.5g
Black beans	1 cup	10g
Chia seed	1 ounce	10g

Almonds	1 ounce	3.5g
Pistachios	1 ounce	3g
Sunflower seeds	1 ounce	3g

## 2) Probiotics

Probiotics work by changing the composition of your gut bacteria or the metabolic activity of existing bacteria. The good bacteria crowd out the bad in your intestine. This prevents the bad bacteria from multiplying and causing infection or inflammation.

Research shows that eating 2-4 servings of fermentable foods daily is the best way to positively impact your gut microbiome.

A diet rich with fermentable foods and high in fibre is best for maintaining good health. Take note that if you are not used to high fibre in the diet, it may take the body some time to get used to these foods therefore do not go from zero to one hundred. Ease in, starting with little bits of fibre, into including more and more each day. Recommendation is 25-30g per day.

Here is a list of foods that contain live microbes or "probiotics", and how to use each food item.

# Fermented Foods for Gut Health

Food Item:	Uses:
Kimchi	Add 2-4 tbsp. to casseroles, mexican dishes, soups, rice
Low Sugar Kefir	Drink as is Add to smoothies Make into smoothie/yogurt bowl Blend with protein powder and milk/water
Low Sugar Yogurt	Make into parfait Eat as is Throw into smoothies Make into ice cream Freeze into yogurt pops
Kombucha	Can make homemade with a live scoby or look for on sale options. Look for low to zero sugar, favourite brand is remedy.
Sauerkraut	Add on top of morning eggs Add to sandwiches On top of salads As garnish for rice bowls As garnish for casseroles Add to a dip Add to potatoes/poutine
Miso (fermented soy)	Comes in paste, cubes, or in soups. Use paste or cubes for: Mash potatoes Casseroles Stirfry Soups Dissolve in hot water for drinkable broth
Tempeh	Chop and add to stirfry

