Welcome to Maintenance!

Today’s Topic: Make Friends With Your Gut

By default, you have been placed on mute. If the audio feature is turned on, please mute your audio unless you have a question.

Minute of Mindfulness

Check-In

• How are you?

• How did we do with last week’s goals?

• How does your mood affect how you eat?
Today's Agenda

- Explore the gut-brain connection in maintaining health and wellness.
- Review fiber in maintaining a healthy microbiome through its prebiotic properties.
- Review probiotic foods in maintaining a healthy microbiome and overall health and wellness.
- Practice plating a plant-based plate that nourishes digestive health and the microbiome.

Mindfulness  Nutrition  Thoughts  Planning  Goals

Gut-Brain Connection

- The brain and the gut communicate back and forth along a pathway of nerves that form what is known as the "Gut-Brain Axis (GBA)."

Mighty Microbiome

- Consists of ~100 trillion different bacteria
- What can disrupt our microbiome?
  - Antibiotics
  - Artificial sweeteners
  - Fasting
  - Food additives and preservatives
  - Harmful bacteria overgrowth
  - Lack of sleep
  - Stress
  - Processed Food:
    - ↓ Fiber
    - ↑ Unhealthy fats, and added sugar
Taking Care of Your Microbiome – Fiber/Prebiotics

- **Prebiotics** = fuel for your microbiome
- Found in **whole plant, fibrous foods**

**Sources:**
- Beans, legumes, lentils, peas, whole grains, nuts, seeds, vegetables and fruits.

**Beneficial for...**
- Satiety and Weight
- Nutrition Intake/Absorption
- Digestive Health
- Brain and Behavior

Fiber Recommendations

<table>
<thead>
<tr>
<th>Age</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-50 yrs.</td>
<td>&gt;38 g/day</td>
<td>&gt;25-26 g/day</td>
</tr>
<tr>
<td>&gt;51 yrs.</td>
<td>&gt;30 g/day</td>
<td>&gt;21 g/day</td>
</tr>
</tbody>
</table>

**Nutrition Note:**
- The average adult only consumes about half of the recommended intake.
- Increase fiber intake gradually as adding fiber too quickly can cause gas, bloating, and cramping.
- Be sure to drink plenty of water as fiber absorbs water which increases body-wide fluid needs.

Sample Day

<table>
<thead>
<tr>
<th>Meal/Snack</th>
<th>Food</th>
<th>Calories</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Apple Cinnamon Overnight Oats with Chia Seeds</td>
<td>273</td>
<td>10</td>
</tr>
<tr>
<td>Morning Snack</td>
<td>Carrots &amp; Hummus</td>
<td>130</td>
<td>4</td>
</tr>
<tr>
<td>Lunch</td>
<td>Deli Sandwich With Banana</td>
<td>564</td>
<td>10</td>
</tr>
<tr>
<td>Afternoon Snack</td>
<td>Whole Wheat Crackers With String Cheese</td>
<td>180</td>
<td>2.5</td>
</tr>
<tr>
<td>Dinner</td>
<td>Salmon, Brown Rice, Broccoli, Carrots, Grapes</td>
<td>495</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>1642</td>
<td>36.5</td>
</tr>
</tbody>
</table>
How to add more fiber to your diet?

FOOD FOR THOUGHT: What are good ways to slowly add more fiber to your diet to meet your daily fiber goals?

What is a Whole Grain?

Nutrition Note: Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list.

Minimal Fiber Food Fiber (g)

<table>
<thead>
<tr>
<th>Food</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Slice White Bread</td>
<td>1</td>
</tr>
<tr>
<td>1 Cup Plain Pasta, Cooked</td>
<td>2.4</td>
</tr>
<tr>
<td>1 Cup White Rice, Cooked</td>
<td>0</td>
</tr>
<tr>
<td>5 Water Crackers</td>
<td>0</td>
</tr>
<tr>
<td>1 Medium Apple Without Skin</td>
<td>2.3</td>
</tr>
<tr>
<td>1 Medium Potato Without Skin</td>
<td>3</td>
</tr>
</tbody>
</table>

High Fiber Food Fiber (g)

<table>
<thead>
<tr>
<th>Food</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Slice Whole Wheat Bread</td>
<td>3</td>
</tr>
<tr>
<td>1 Cup Whole Wheat Pasta, Cooked</td>
<td>4</td>
</tr>
<tr>
<td>1 Cup Brown Rice, Cooked</td>
<td>3.5</td>
</tr>
<tr>
<td>5 Whole Wheat Crackers</td>
<td>2.5</td>
</tr>
<tr>
<td>1 Medium Apple With Skin</td>
<td>4.3</td>
</tr>
<tr>
<td>1 Medium Potato With Skin</td>
<td>3</td>
</tr>
</tbody>
</table>

Fiber Content Comparison
### Fiber Content

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Quantity</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, Cooked</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>Brussel Sprouts, Cooked</td>
<td>1 cup</td>
<td>4</td>
</tr>
<tr>
<td>Potato, With Skin, Baked</td>
<td>1 medium</td>
<td>4</td>
</tr>
<tr>
<td>Carrots, Raw</td>
<td>1 cup</td>
<td>3.6</td>
</tr>
<tr>
<td>Cauliflower, Cooked</td>
<td>1 cup</td>
<td>3.4</td>
</tr>
<tr>
<td>Lettuce, Raw</td>
<td>1 cup</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Quantity</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
<td>8</td>
</tr>
<tr>
<td>Apple, With Skin</td>
<td>1 medium</td>
<td>4.5</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>3</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>3</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Legumes</th>
<th>Quantity</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentils, Boiled</td>
<td>1 cup</td>
<td>15.5</td>
</tr>
<tr>
<td>Black Beans, Boiled</td>
<td>1 cup</td>
<td>15</td>
</tr>
<tr>
<td>Chia Seeds</td>
<td>1 ounce</td>
<td>10</td>
</tr>
<tr>
<td>Almonds</td>
<td>1 ounce (23 nuts)</td>
<td>3.5</td>
</tr>
<tr>
<td>Pitashe</td>
<td>1 ounce (49 nuts)</td>
<td>4</td>
</tr>
</tbody>
</table>

### Nutrition Note

Meat, milk, eggs, fats, and oils have no fiber.

### Taking Care of Your Microbiome - Probiotics

- **Probiotics** = Foods that contain live strains of healthy bacteria
- Found in fermented foods

**Sources:**
- Animal: Yogurt, kefir, cultured cottage cheese, etc.
- Plant: Kombucha tea, miso, kimchi, sauerkraut, etc.

**Beneficial for:**
- Increase microbiota volume and diversity:
  - ↑ Protection against pathogens
  - ↑ Improved immunity
  - ↑ Fecal bulk for bowel movements

### Taking Care of Your Microbiome - Probiotics

These are some examples of different probiotics.

- Plain nonfat or low fat yogurt
- Live-active cottage cheese
- Kefir
- Lactobacillus
- Miso paste
- Natto
- Yakult
- Kombucha

**Nutrition Note:** To get the maximum benefit, choose foods that contain “live active cultures” and turn off the heat before adding these fermented foods.
Taking Care of Your Microbiome - Probiotics

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Container (28g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>150mg</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>8g</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
</tbody>
</table>

Ingredients: Cultured lowfat milk, cane sugar, water, almonds, chocolate, coconut, tapioca flour, honey, natural flavors, guar gum, sea salt, fruit pectin, cocoa, cocoa butter, vanilla bean powder, lemon juice concentrate, contains milk, almonds, and coconut. Contains milk, almonds, and coconut.

6 live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus. Manufactured on a line that also handles peanuts, tree nuts, and soy.

**FOOD FOR THOUGHT**: Based on the above information, would you consider this product to be healthy? Why or why not?

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Fiber/Prebiotic and Probiotic Supplements

**General Recommendations:**

- **Fiber**: not needed if eating a healthy diet
- **Probiotics**: More research is needed
- Best to consume fiber and probiotics through food!
- Eat a diet abundant in
  - **Prebiotics**: fiber-rich, whole, plant foods
  - **Probiotics**: fermented/cultured foods

**Should I consume a probiotic food daily?**

- **Yes**
  - Recently on the Full Meal Replacement Program
  - Previously consuming a diet high in processed food?
  - Trouble with sleep?
  - Stress?
  - Recently taking antibiotics?

- **No**
  - Probiotics are often high in salt or added sugar
  - More research is needed

**Nutrition Note:**

Consuming probiotics, followed by prebiotics from minimally processed plant foods CAN bring our microbiome back to normal.
Make Friends With Your Gut

Simple Steps to Building a Balanced Plate

- **Fruit**: Watermelon
- **Starch**: Tortilla
- **Lean Protein & Probiotic**: Tempeh
- **Non-Starchy Vegetables**: Bell Peppers, Red Onions, Tomatoes, Jalapenos
- **Healthy Fat**: Avocado
- **Water**: Sparkling Water With Lime

Maintenance Bookshelf: Balanced Plate and Snack Ideas

- Healthy Snack Planning Worksheet
- Meal Planning Worksheet
- Daily Wellness Planner
- Measurement Tracker
- Vitamin and Mineral Guide
- Nutrition Needs Worksheet
- Family Online Education Program
- Hall of fame
- Healthy Cooking Recipes
### Positive Choice Resources: Gut Health

**YouTube**

- Positive Choice Integrative Wellness Center
- Episode 17: The Secret of Good Gut Health

**PositiveChoice.org**

- Positive Choice Wellness Podcast
- How to Play

**Maintenance Bookshelf: Daily Wellness Planner**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>06:00</td>
<td>Get up</td>
</tr>
<tr>
<td>Tue</td>
<td>06:00</td>
<td>Morning Health Program</td>
</tr>
<tr>
<td>Wed</td>
<td>06:00</td>
<td>Nutrition Needs Worksheet</td>
</tr>
<tr>
<td>Thu</td>
<td>06:00</td>
<td>Mindful Eating Practice</td>
</tr>
<tr>
<td>Fri</td>
<td>06:00</td>
<td>Nutrition Needs Worksheet</td>
</tr>
<tr>
<td>Sat</td>
<td>06:00</td>
<td>Morning Health Program</td>
</tr>
<tr>
<td>Sun</td>
<td>06:00</td>
<td>Morning Health Program</td>
</tr>
</tbody>
</table>

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Am I returning to old behaviors?

**RED**
These are behaviors/thoughts/feelings that are warning signs you have fallen off track.

Example – eating in private, one meal a day, “I am a failure,” significant weight gain, changes in health metrics.

**YELLOW**
These are behaviors/thoughts/feelings that are warning signs that you are back-siding.

Example – picking up fast food instead of cooking, rationalizing “It’s just this one time” multiple times a week, “I’ve been so good, I deserve a treat.”

**GREEN**
These are behaviors/thoughts/feelings that you know you want to continue because you feel confident that you are on the right track.

Example – sticking with an eating schedule, keeping food records, allowing foods you enjoy in moderation, “I overdid it at lunch, I will get back to my plan for dinner.”

Keys to Long-Term Weight Loss Success

- Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- Daily activity, building up to 1 hour a day
- Self-monitoring by tracking weight, food, and/or exercise

Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more sustainable than a set number.

It takes time to learn to care for your new smaller body.

Remember the 80/20 rule.

Progress over perfection!

Food for thought: How do you support and encourage yourself?
What change would you like to work on this week?

- This week, I will_________.
- ____________________________.
- Eat more fiber rich, whole, plant foods
- Eat/add probiotics
- Other

NUTRITION NOTE:
- Make your goals Specific, Measurable, Action-oriented, Realistic and Time-limited

Next Week…

What’s In A Label?