


POSTER CHASE  
INTEGRATIVE  
HEALTH CENTER

## Welcome to Maintenance!

Today's Topic:  
Make Friends With Your Gut

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Check-In

 and  or 


- What has been working well?
- Where are some learning opportunities?

**Nutrition Note:**


- Long term weight management is possible with **SUSTAINED** behavior change.



Balanced Plate:  
Fiber + Protein



Daily Activity



Tracking



Support

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Key Message

- Incorporating **fiber** and **probiotic** can help your body to function optimally.




**Fiber**  
To feed and maintain  
your microbiome

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**Probiotic**  
To add volume and diversity  
to your microbiome

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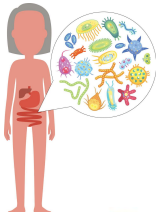
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### What is Microbiome?

- Complex community of bacteria within the digestive tract
  - Most residing in the large intestine
- Consist of ~100 trillion different microorganisms

Did you know?  
You have more microbial cells than human cells!



**Some currently known functions:**

- Educate and train your immune system, especially early in life
- Prevent the growth of harmful species
- Produce vitamins and hormones that your bodies rely on

**Nutrition Note:**

- It is the **balance** of the microbiome that is more crucial to support your health and wellness.

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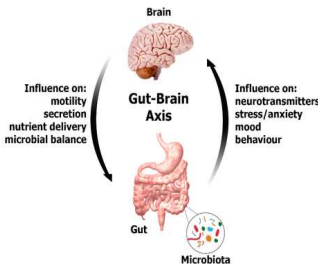
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### Gut-Brain Connection

- 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)**”.



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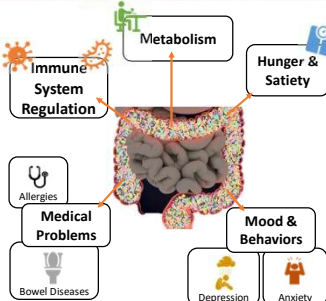
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### What influences your microbiome?

**What can disrupt your microbiome?**

- Diet
  - Artificial sweeteners, chemicals, food additives and preservatives
  - Fasting
  - Processed Food:
    - ↓ Fiber
    - ↑ Unhealthy fats, and added sugar
  - Limited intake of prebiotic and/or probiotic-rich foods
- Antibiotics
- Harmful bacterial overgrowth
- Lack of sleep
- Stress



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Taking Care of Your Microbiome – Fiber/Prebiotics

• **Prebiotics** = fuel for your microbiome

High Fiber Food Sources

Plant Sources	Fruits & Vegetables	Whole Grains	Legumes	Nuts & Seeds
Animal Sources				

Beneficial for...

- Satiety and Weight
- Nutrition Intake/Absorption
- Digestive Health
- Brain and Behavior



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Fiber Recommendations

Age	Males	Females
18-50 yrs.	>38 g/day	>25-26 g/day
>51 yrs.	>30 g/day	>21 g/day



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.

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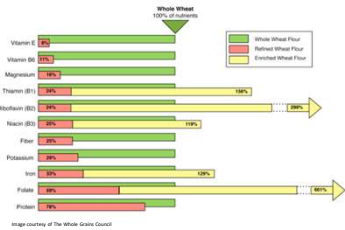
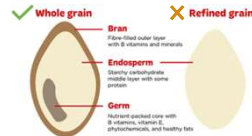
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What is a Whole Grain?



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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?



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Fiber Content Comparison



High Fiber Food	Fiber (g)	Minimal Fiber Food	Fiber (g)
1 Slice Whole Wheat Bread	3	1 Slice White Bread	1
1 Cup Whole Wheat Pasta, Cooked	4	1 Cup Plain Pasta, Cooked	2.4
1 Cup Brown Rice, Cooked	3.5	1 Cup White Rice, Cooked	0
5 Whole Wheat Crackers	2.5	5 Water Crackers	0
1 Medium Apple With Skin	4.3	1 Medium Apple Without Skin	2.3
1 Medium Potato With Skin	4	1 Medium Potato Without Skin	3

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Fiber Content

Vegetables	Quantity	Fiber (g)	Grains	Quantity	Fiber (g)
Broccoli, Cooked	1 cup	5	Whole-wheat Pasta, Cooked	1 cup	6
Brussels Sprouts, Cooked	1 cup	4	Quinoa, Cooked	1 cup	5
Potato, With Skin, Baked	1 medium	4	Oatmeal, Cooked	1 cup	4
Carrots, Raw	1 cup	3.6	Popcorn, Air-popped	3 cups	3.5
Cauliflower, Cooked	1 cup	3.4	Brown Rice, Cooked	1 cup	3.5
Lettuce, Raw	1 cup	1	Whole-wheat Bread	1 slice	3

Fruits	Quantity	Fiber (g)	Legumes	Quantity	Fiber (g)
Raspberries	1 cup	8	Lentils, Boiled	1 cup	15.5
Apple, With Skin	1 medium	4.5	Black Beans, Boiled	1 cup	15
Banana	1 medium	3	Chia Seeds	1 ounce	10
Orange	1 medium	3	Almonds	1 ounce (23 nuts)	3.5
Strawberries	1 cup	3	Pistachios	1 ounce (49 nuts)	3

**Nutrition Note:** Meat, milk, eggs, fats, and oils have no fiber.

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Sample Day

Meal/Snack	Food	Fiber (g)
Breakfast	Apple Cinnamon Overnight Oats with Chia Seeds	10
Morning Snack	Carrots & Hummus	4
Lunch	Deli Sandwich With Banana	10
Afternoon Snack	Whole Wheat Crackers With String Cheese	2.5
Dinner	Salmon, Brown Rice, Broccoli, Carrots, Grapes	10
Total		36.5

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Taking Care of Your Microbiome - Probiotics



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

Plant Sources	Kombucha tea	Kimchi	Sauerkraut
Animal Sources	Yogurt	Cottage cheese	Kefir

- **Beneficial for...**
  - ✓ Increase microbiota volume and diversity:
    - Improve immune function
    - Enhance metabolic processes
    - ↓ inflammation

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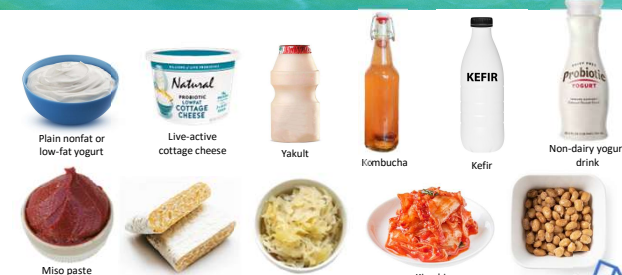
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Taking Care of Your Microbiome – Probiotics: Examples



Plain nonfat or low-fat yogurt

Live-active cottage cheese

Yakult

Kombucha

Kefir

Non-dairy yogurt drink

Miso paste

Tempeh

Sauerkraut

Kimchi

Natto

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Nutrition Note: To get the maximum benefit, choose foods that contain "live active cultures" and turn off the heat before adding these fermented food.

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### Taking Care of Your Microbiome – Probiotics: Warning!



Nutrition Facts	
1 servings per container	
Serving size	1 Container (128g)
Amount Per Serving	
Calories	190
Total Fat 5g	
	10%
Saturated Fat 4g	
	20%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	7%
Total Sugars 20g	28%
	Includes 14g Added Sugars
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.08mg	6%
Potassium 168mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**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



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### 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 prebiotics and probiotics from minimally processed foods **MAY** improve your microbiome.

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### Simple Steps to Building a Balanced Plate

**Fruit:** Watermelon

**Lean Protein & Probiotic:** Tempeh

**Starch:** Tortilla

**Healthy Fat:** Avocado

**Water:** Sparkling Water With Lime

**Non-Starchy Vegetables:** Bell Peppers, Red Onions, Tomatoes, Jalapenos

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### Positive Choice Resources: Gut Health

[PositiveChoice.org](https://PositiveChoice.org)

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

thrive

Home Weight Loss Integrative Medicine Nutrition & Fitness Center & Healthy Living Calendar Contact

Personal Training Exercise Videos Family Exercise Videos

FREE WELLNESS SEMINARS Just Click In!

Plant-Based Healthy Cooking Class Videos

QR Code: Gut Health Video

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### Positive Choice Resources: Gut Health

YouTube

Positive Choice Integrative Wellness Center

1.6K subscribers

HOME VIDEOS **PLAYLISTS** COMMUNITY CHANNELS ABOUT

Positive Choice Wellness Podcast

VIEW FULL PLAYLIST

Episode 17: The Secret of Good Gut Health

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### Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years



Before Weight Loss



After Weight Loss



**Nutrition Note:**

- Long term weight management is possible with **SUSTAINED** behavior change!

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### 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 healthier body.

Remember the **80/20 rule**.

**Progress over perfection!**



**FOOD FOR THOUGHT:** How do you support and encourage yourself?

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### What change would you like to work on this week?

• This week, I will \_\_\_\_\_

\_\_\_\_\_

(Action Plan)

\_\_\_\_\_



Eat more fiber rich, whole, plant foods



Eat/add probiotics



Other

**NUTRITION NOTE:**

- Motivation is built by the frequency, not the size, of successful changes.

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**Next Week...**  
**What's In A Label?**

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