

Lifelong Balance

» NURTURING YOUR GUT



Welcome to class! We will begin shortly!

Today's Discussion

Nurturing Your Gut

Today's Discussion

1

Understanding
your
microbiome

2

Prebiotics for
a healthy gut

3

Fermented
foods and
probiotics

What do you want to spend the
most time talking about today?



Gut Health

Gut health is a term used to describe activity within the digestive tract that can either positively or negatively affect your overall health and how you feel



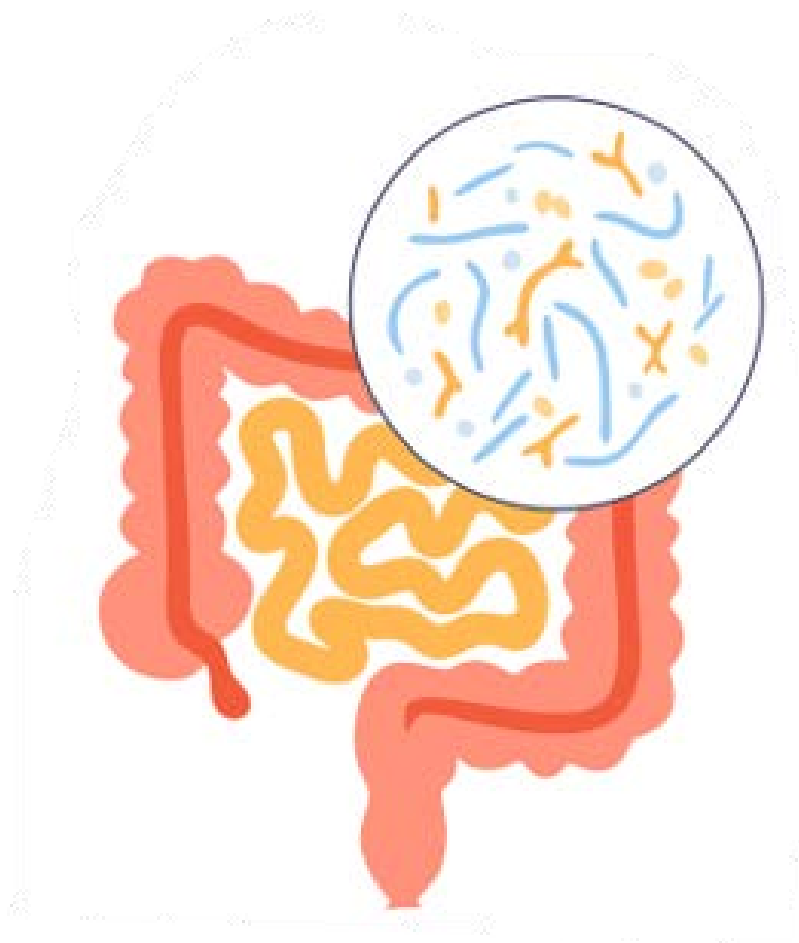
What is the microbiome?

What is the microbiome?

- Your body is home to up to 100 trillion tiny living things, like bacteria, fungi, and viruses
- Microbes inhabit all human body surfaces, but the greatest number live in the gut



Gut Microbiota



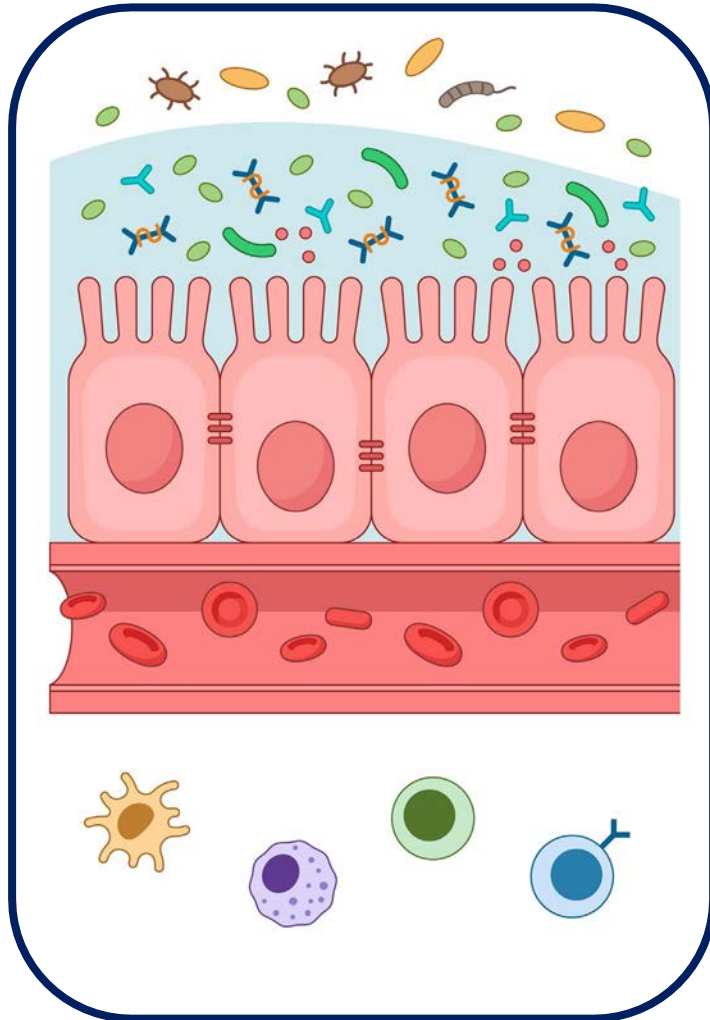
- Is a subset of the microbiome
- Contains microbes unique to you
- Acts as a key interface between your body and food
- Helps break down food, absorb essential nutrients, and ward off harmful microbes

Intestinal Lining

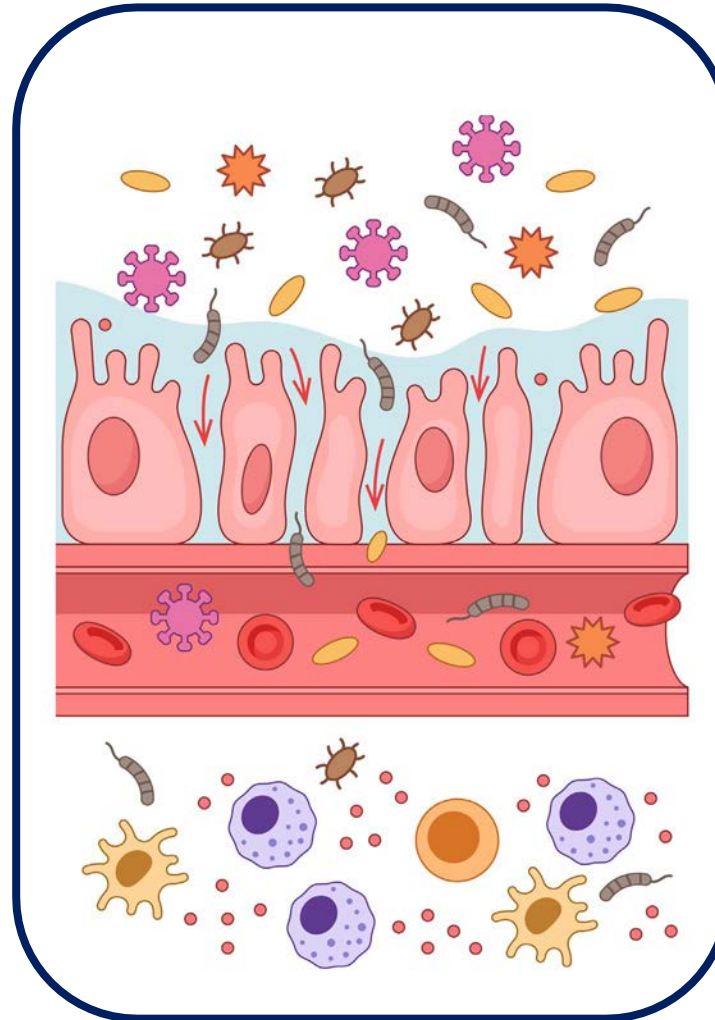
State of Balance

Mucus lining

Blood stream



Inflammation

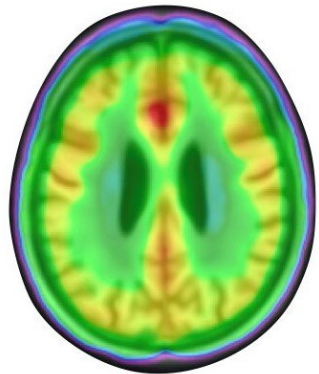
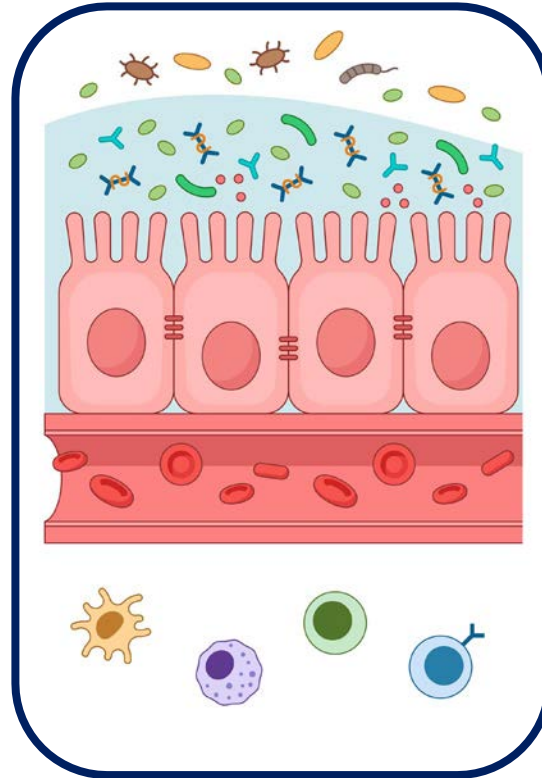


Harmful microbes can damage the lining of the intestines and leak into the blood stream



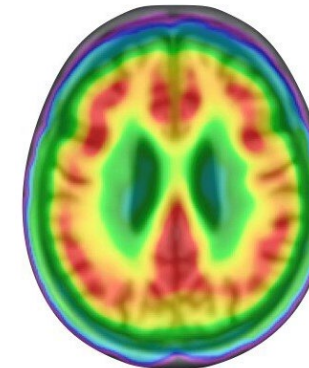
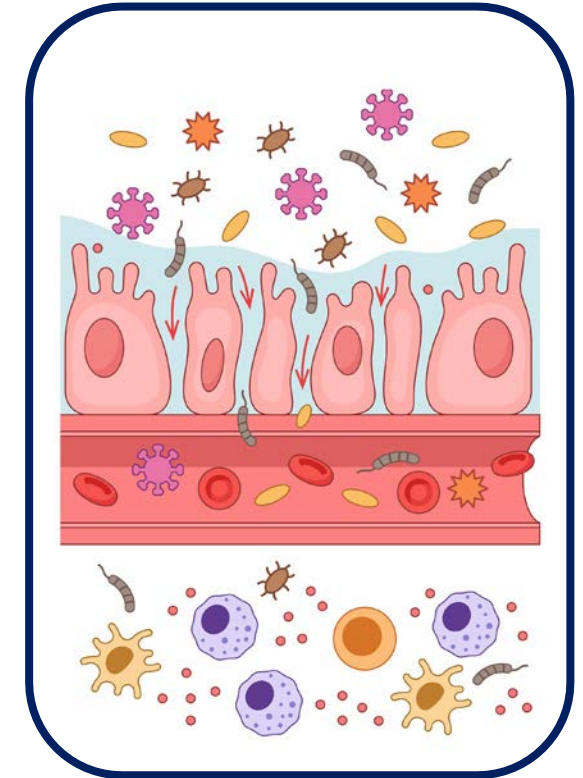
How Processed Foods Impact Your Body

Unprocessed Foods



Brain inflammation level
Low  High

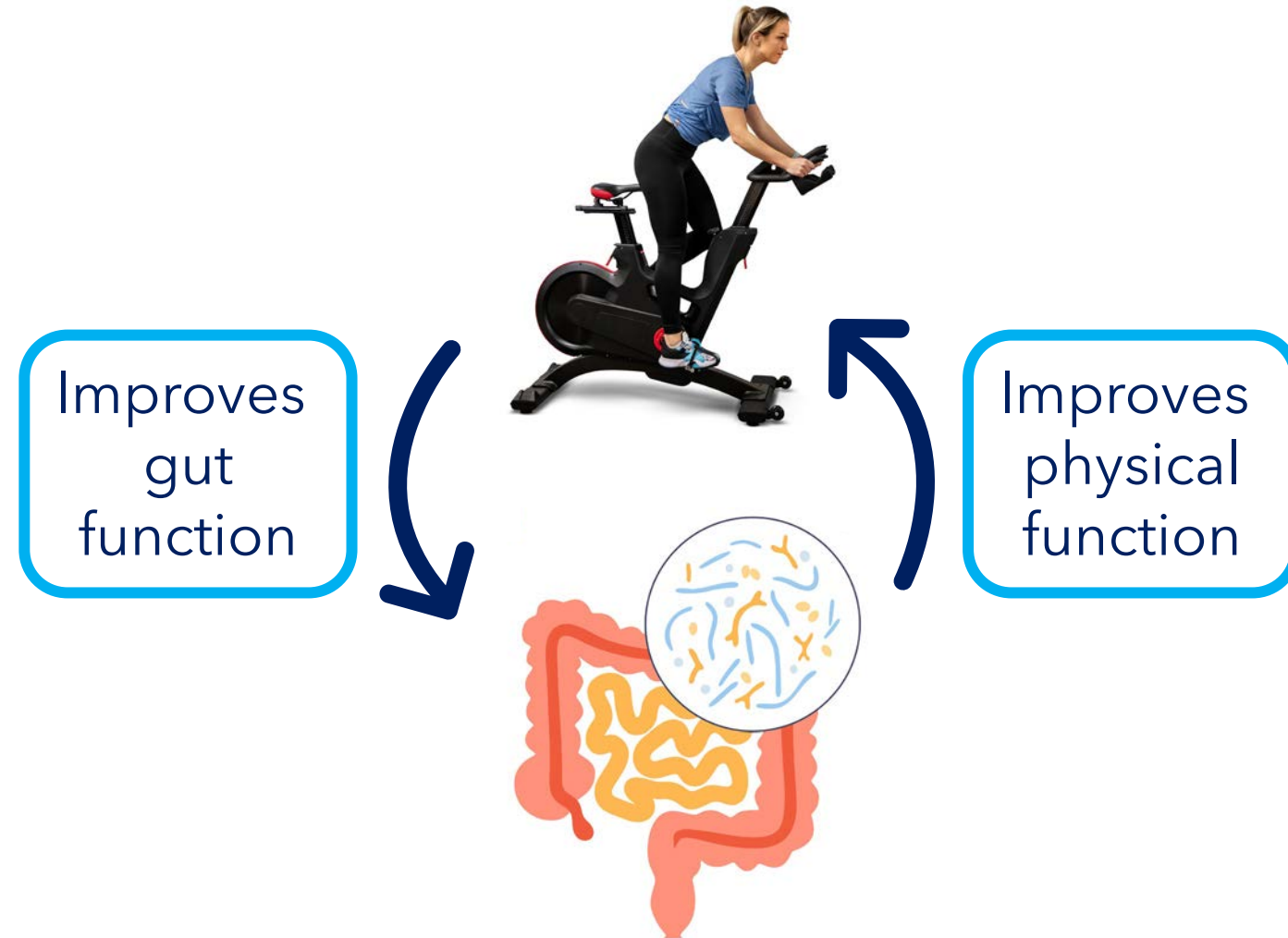
Processed Foods



Brain inflammation level
Low  High

Physical Activity Helps the Microbiome

- Physical activity promotes beneficial bacteria
- A healthy gut microbiome enhances exercise



Gut-Friendly Foods

- Natural fiber (prebiotics)
- Protein
- Vitamins, minerals
- Live, active organisms (probiotics)



Taking Care of Your Gut

Prebiotics

- Whole plant, fibrous foods
- Acts as a fuel source for the bacteria in the microbiota
- **Sources:** beans, lentils, whole grains, fruits and vegetables



Adjusting to Increased Fiber

- **Increase fiber gradually:** Allow your body time to adjust to the increased fiber
- **Stay hydrated:** drink plenty of water to help fiber move through your system
- **Decrease discomfort:** if you experience gas, bloating, or other symptoms reduce your fiber intake

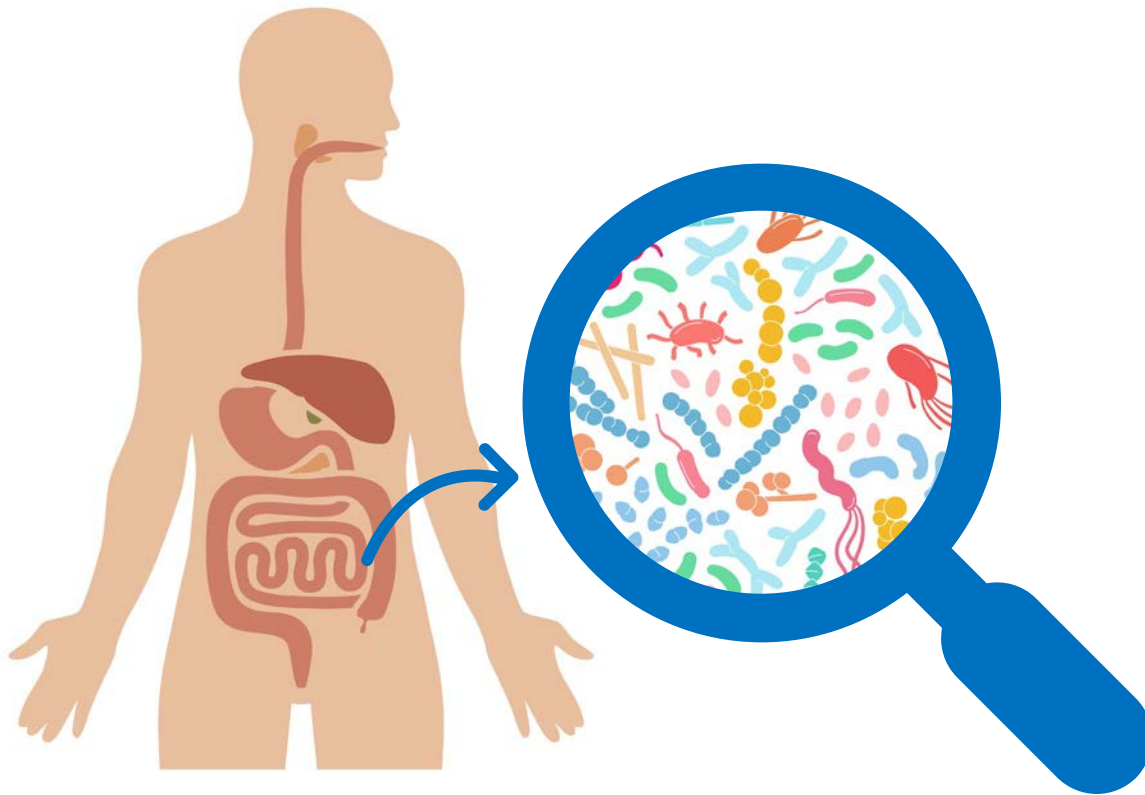
What are some examples of foods that negatively affect your gut?

Unfriendly Gut Foods

- Food components with no or minimal whole foods
- Unhealthy types of dietary fat, sugars, and sodium
- Additives and ingredients such as dyes, flavorings, emulsifiers and preservatives



Fuel Your Gut



- Your gut contains trillions of microorganisms that support health
- Greater microbiome diversity is linked to better health
- Different microbes need different foods to thrive
- Fiber-rich and fermented foods help nourish the microbiome

Feeding Your Microbiome

Prebiotics

Fiber rich plant-based foods

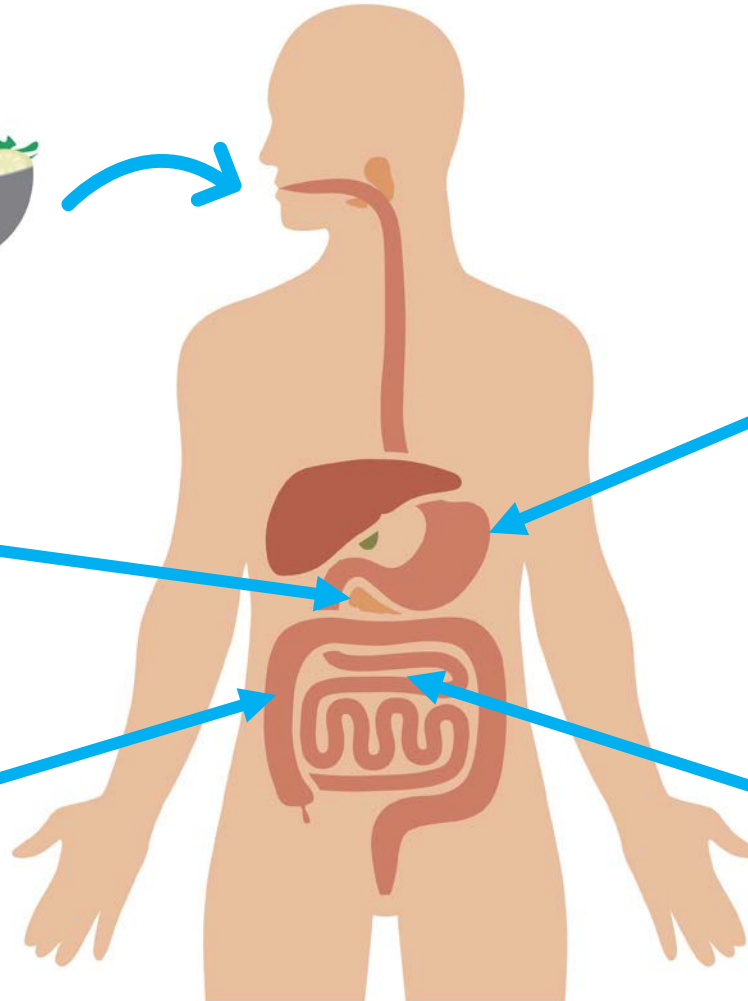


Probiotics

Fermented foods



Eating Dietary Fiber



- Lowers blood sugar after eating

- Helps food waste move through the large intestines

- Increases Glucagon-Like Peptide (GLP-1)
- Decreases hunger

- Increases good bacteria in the gut

How much fiber is recommended per day?

25 - 35 grams per day (minimum)

The average American eats 10-14 grams of fiber per day

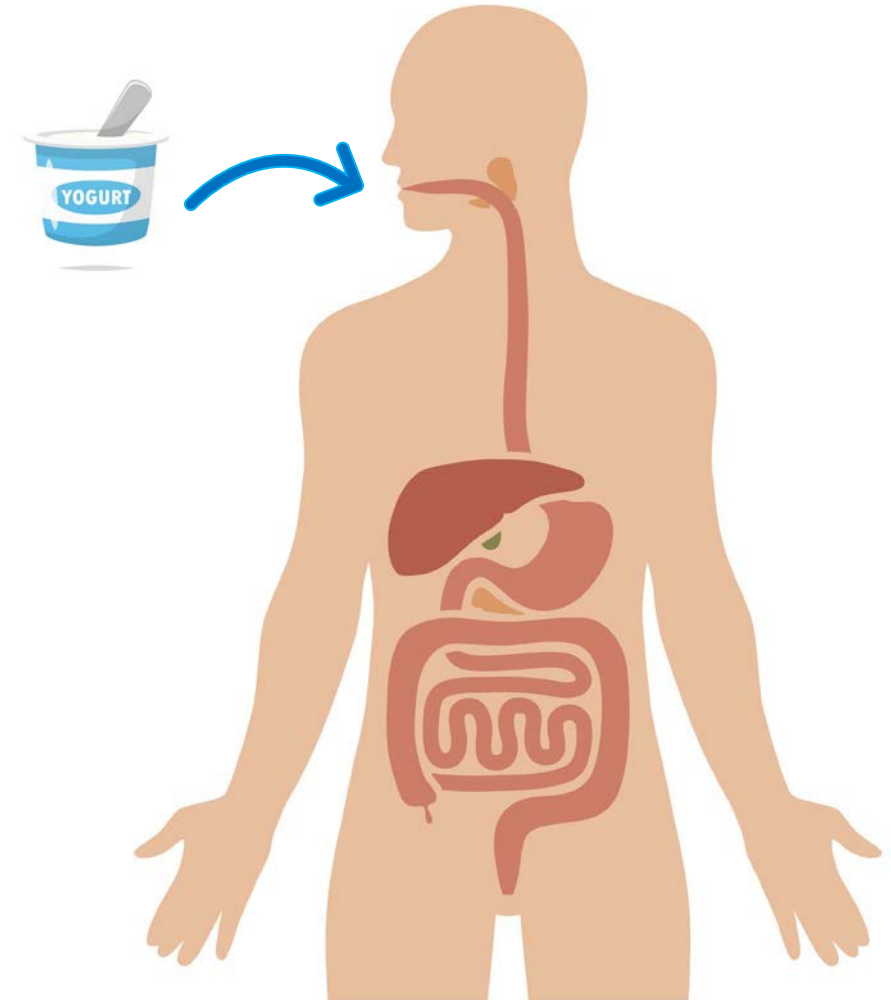
Fermented Probiotic Foods

- Fermentation is a form of food preservation that improves gut health by creating live, active organisms (probiotics) that feed good bacteria



Benefits of Fermented Foods

- Improve the diversity of the gut microbiota
 - Increases good gut bacteria
- Reduces the risk of:
 - Cardiovascular disease
 - Weight gain
 - Inflammatory bowel diseases
 - Some cancers
 - Type 2 diabetes



Fermented Food Examples



Kimchi



Kombucha



Sauerkraut



Tempeh



Fermented vegetables



Miso paste

Fermented Plant Products



Kefir



**Live-active
cottage cheese**



Plain yogurt

Fermented Milk Products

Probiotics



5 live and active cultures:
S. Thermophilus, L. Bulgaricus,
L. Acidophilus, Bifidus and L. Casei.

Companies are not required to list live-active probiotics on their products. However, you may find some products with them listed.

Probiotic Supplements

- It's better to get prebiotics and probiotics from food
- Probiotic supplements:
 - Are not regulated like medications (quality may vary)
 - Don't deliver same health benefits as food
 - Should be prescribed by your doctor
 - May not be suitable for everyone



**Small changes to your
eating can improve
your overall gut health**

Try This Week...

- Swap one refined grain for a whole grain
- Add in one probiotic
- Increase the amount of fruits and vegetables on your plate
- Go for a 10-minute walk after one meal



**How can you increase
your fiber intake by 10
grams this week?**

The More You Know

One added cup of
cooked beans a week
can give you 15-20
grams of fiber



Nutrition Recommendation

Getting enough fiber is easier than you think!



Milk (soy or cow), 1 cup	0 g
Quinoa, ½ cup	3 g
Eggs, 2	0 g
Vegetables, 1 cup	4 g
Fiber	7 g



Fish, 4 oz.	0 g
Beans, ½ cup	8 g
Mango, ½ cup	2 g
Vegetables, 1 cup	4 g
Avocado, ¼	3 g
Fiber	17 g



Yogurt, 1 cup	0 g
Berries, 1 cup	6 g
Nuts, 2 Tbsp	2 g
Fiber	8 g



Tofu, 2 cups	2 g
Yams, ½ cup	4 g
Vegetables, 2 cup	8 g
Sesame Seeds	1 g
Fiber	15 g

Total Fiber = 47 grams

Need Ideas for Gut-Healthy Foods?

Check out Kaiser Permanente's resources!

- kp.org/recipes
- kp.org/healthybalance
- positivechoice.org/cookbook



This Week

Choose a weekly goal, or make up your own:



Add in more high-fiber prebiotic foods



Increase movement



Add in at least one probiotic food



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it **SMART**



Specific



Measurable



Action-
Oriented



Realistic



Timely

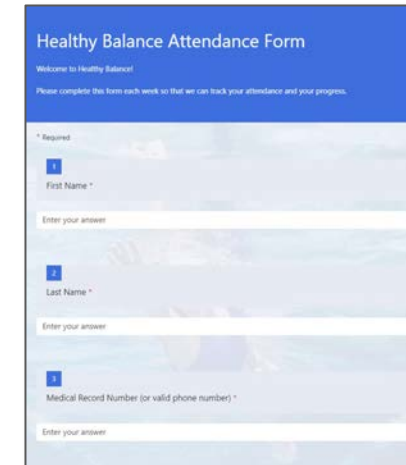
I will add in at least 1 probiotic food into my eating plan this week.

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» UNDERSTANDING METABOLISM

Discussion/Reflection Question:

How can you change your body composition?



A screenshot of a digital attendance form titled "Healthy Balance Attendance Form". The form has a blue header with the title and a welcome message. Below the header, there are three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a small blue icon with a white exclamation mark and a "Required" label. The form is set against a background image of people exercising.

Have you filled out the attendance form?

Lifelong Balance



Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME