

GUT FOODS

**What's Good for the Gut is
Good for the Gut Bugs**

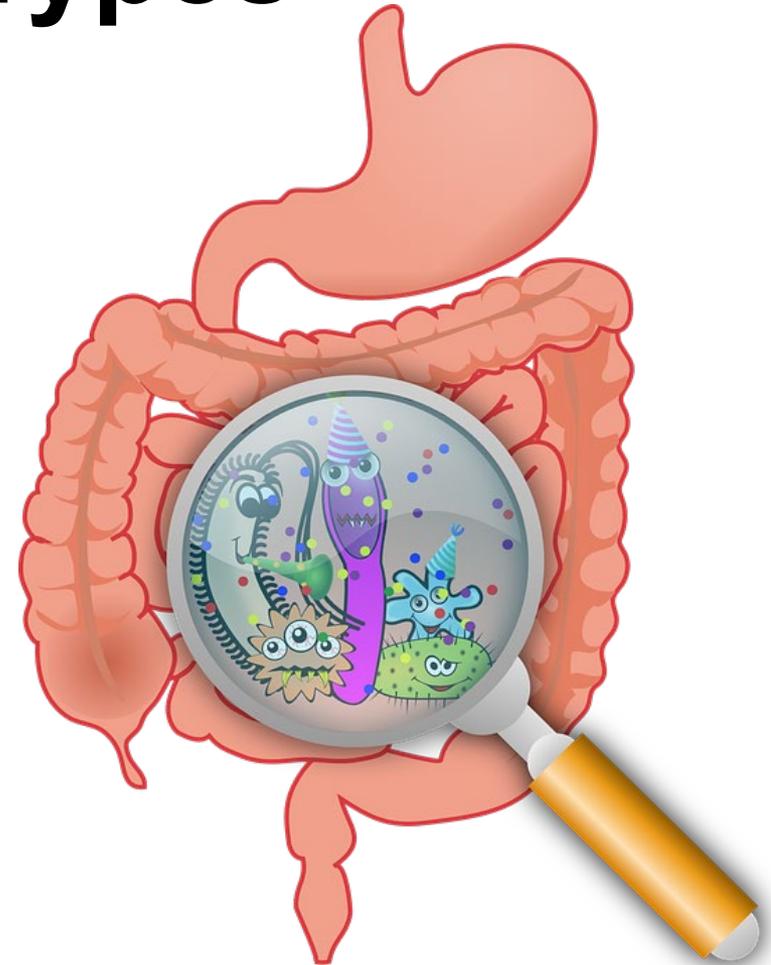


THE OHIO STATE UNIVERSITY

**COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
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Three Types

- **Prebiotics**
- **Probiotics**
- **Resistant Starch**



Prebiotics

- **PREBIOTIC FIBER** is a *non-digestible part of foods* like bananas, onions and garlic, Jerusalem artichoke, the skin of apples, chicory root, beans, and many others. Prebiotic fiber goes through the small intestine undigested and is fermented when it reaches the large colon.



Prebiotics

- This fermentation process feeds beneficial bacteria colonies (including probiotic bacteria) and helps to increase the number of desirable bacteria in our digestive systems (also called the gut) that are associated with better health and reduced disease risk.



Health Benefits of Prebiotics

Upping your intake of prebiotics has been linked to a long list of powerful benefits, including:

- lower risk for cardiovascular disease
- healthier cholesterol levels
- better gut health
- improved digestion
- lower stress response
- better hormonal balance
- higher immune function
- lower risk for obesity and weight gain
- lower inflammation and autoimmune reactions



Examples

- Many high fiber foods are also high in prebiotic fiber:
 - Apples
 - Onions/Garlic/Leeks
 - Oatmeal
 - Asparagus
 - Barley
 - Dandelion Greens
 - Whole Wheat Bread
 - Chicory Root



Probiotics

- **PROBIOTICS** are *live beneficial bacteria* that are naturally created by the process of fermentation in foods like yogurt, sauerkraut, miso soup, kimchi, and others.



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Probiotic Sources

- Kefir
- Sauerkraut
- Kimchi
- Yogurt
- Kombucha
- Miso
- Tempeh



Resistant Starch

- Resistant starch is a type of starch that isn't completely broken down and absorbed in the stomach or small intestine. Instead, it passes through to the colon and is converted into short-chain fatty acids, which act as prebiotics to help feed the beneficial bacteria in the gut.



Types of Resistant Starch

- **Type One:**
 - Found in the endosperm of whole grains, legumes, and seeds



Types of Resistant Starch

- **Type Two:**
 - Green Banana
 - Raw Potato



Types of Resistant Starch

- **Type Three:**
 - Cooked and cooled potatoes, rice, or pasta



Types of Resistant Starch

- **Type Four:**
 - Chemically modified resistant starch found in certain processed foods.



Healthy Gut, Happy Gut

- A **healthy gut** contributes to a strong immune system, heart **health**, brain **health**, improved mood, **healthy** sleep, and effective digestion, and it may help prevent some cancers and autoimmune diseases.
- **So take care of yours!!**

