**Diet**
Is your diet feeding the trillions of beneficial bacteria in your gut? Here are some tips to help feed your flora:

- Eat a variety of whole plant foods (aim for 30 different plant species per week) from the following categories:
  - Vegetables and fruits
  - Whole grains
  - Beans and legumes
  - Nuts and seeds
  - Herbs and spices
- Consume foods that are rich in prebiotic, fermentable fiber. Examples include:
  - Inulin: garlic, onion, leek, artichoke, asparagus
  - Pectin: pears, apples, plums, oranges (and other citrus fruits)
  - Raffinose: beans, cabbage, broccoli, Brussels sprouts
- Avoid artificial sweeteners, and limit intake of highly processed foods.
- Regularly consume fermented foods that contain beneficial bacteria, such as:
  - Dairy: yogurt, kefir
  - Vegetables: sauerkraut, kimchi, pickles
  - Soy: miso, tempeh

**Lifestyle**
Your gut microbiome is influenced by many lifestyle factors that go beyond simply what you eat. Here are some lifestyle recommendations to promote healthy bacteria:

- Correct circadian rhythm disruption:
  - Avoid artificial light at night
  - Avoid eating within 3-4 hours of bedtime
  - Get at least 7-8 hours of sleep each night
- Engage in regular physical activity.
- Spend more time outdoors.
- Incorporate stress management practices into your daily routine.
- Adopt a squatting position on the toilet, using a Squatty Potty or other toilet footrest.

**Upcoming Live Presentations**
- Am I Enough? The Question That Drives Anxiety (April 29, 2015)
- Connections — Your Brain on Relationships (May 6, 2015)

**Recorded Presentations Available**
- Reset Your Rhythm: How to Optimize Sleep for Weight Loss
- Feel-Good Workstation Movements

*Details at healthy.iu.edu*