



Lunch Break Presentation Series

Feed Your Flora: How to Promote Healthy Gut Bacteria

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