

How your Gut Buddies and Brain work together

Your Gut microbiome has tiny helpers called bacteria (buddies) that can talk to your brain. These bacteria can affect how you feel and even help with things like learning and remembering.

How Gut Bacteria Help Us

Fighting Germs: They help keep bad germs away so you don't get sick.

Digesting Food: They help break down food so your body can use it.

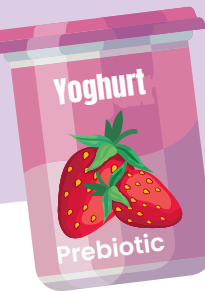
How Gut Bacteria Talk to Your Brain

Feeling Happy: Some bacteria make things that help you feel happy and calm, when you feed them the foods they like.

Eating for a Happy Gut and Brain

Eating fruits, vegetables, whole grains, and nuts can make your Gut and brain happy. Here are some good foods to eat:

Almonds, Bananas, Broccoli, Brown Rice, Lentils, Oats, Oranges, Spinach, Walnuts, Chickpeas, Apples



Lactobacillus
(LAK-TOE-BUH-SI-LUSS)



Remember

Your gut and brain are like best friends. Taking care of your gut by eating healthy and having good bacteria can help you feel happy, calm, and full of energy!



Prebiotics



Prebiotic Foods and your Gut



Prebiotics are high in special types of fibre that feed the “friendly” bacteria in your gut.

This allows your gut bacteria to produce nutrients for your colon cells, which leads to a healthier digestive system. They have also been shown to boost your immune system. Here are 12 examples of Prebiotics that are easy to incorporate into your diet.

Garlic as a prebiotic is proven to help promote good bacteria and prevent harmful bacteria from growing. **Onions** are rich in inulin and FOS, which can help boost your immune system, provide fuel for your gut bacteria, and improve digestion. **Leeks** come from the same family as onions and garlic, and they offer similar health benefits.

Asparagus is a vegetable rich in prebiotic fibre and antioxidants. It promotes healthy gut bacteria and may help prevent certain cancers

Bananas are rich in vitamins, minerals, and fibre, and they contain small amounts of inulin. Unripe (green) bananas are high in resistant starch, which has prebiotic effects.

Apples are rich in pectin fibre. Pectin promotes healthy gut bacteria and helps decrease harmful bacteria. **Cocoa** is a tasty prebiotic food. It contains flavanols that increase healthy gut bacteria while reducing harmful bacteria.

Flaxseeds are incredibly healthy. They are also a good source of prebiotics. The fibre in flaxseeds promotes healthy gut bacteria, encourages regular bowel movements, and reduces the amount of dietary fat you digest and absorb.

Barley is high in beta-glucan fibre, which promotes healthy bacteria in the gut. It can also lower cholesterol and blood sugar levels. **Whole oats** are a grain rich in beta-glucan fibre. They increase healthy gut bacteria, improve blood sugar control, and may reduce cancer risk.

Wheat bran is rich in AXOS, a type of fibre that has been shown to increase healthy gut bacteria and reduce digestive problems

Seaweed is a great source of prebiotic fibre. It can increase the population of friendly bacteria, block the growth of harmful bacteria, and enhance immune function.

Carrot Oat Muffins

Ingredients Dry

- 2 cups rolled oats,
- 1/2 tsp Baking soda
- 1 1/2 tsp Baking Powder
- 1 tsp cinnamon

Ingredients Wet

- 1 cup grated carrots,
- 2 ripe Bananas
- 3/4 cup Greek yogurt
- 2 eggs, 1 tsp vanilla

Preheat oven to 180 degrees C. Process oats to a flour like consistency Combine with rest of the dry ingredients. In a separate bowl beat the eggs and then add all the other wet ingredients and mix together.

Then combine wet and dry ingredients mixing to ensure everything is well incorporated. Divide batter between greased 12 cup muffin pan and bake for 25-30 minutes.

Let cool in pan for about 5 minutes before transferring to wire rack to finish cooling.

Chicken Barley casserole cups

Ingredients

- 1 cup Pearl Barley
- 1 cup spinach
- 2 tsp curry powder
- 2 cloves garlic crushed
- 2 eggs lightly beaten
- 1 3/4 cups water,
- 1 cup grated carrot
- 1 cup cooked chicken
- 1/4 cup Greek yogurt
- 3/4 cup grated cheese

Preheat oven to 180 degrees C. Bring water to boil add barley and simmer till soft about 40 minutes.

Heat a lightly oiled pan over medium heat add chopped vegetables and garlic, cook till moisture has evaporated. Add curry powder.

In a large bowl combine chicken, eggs, yogurt, cooked barley and cheese and then vegetables. Divide mixture into greased (12) muffin tin.

Bake for about 25 minutes until lightly browned and crisp.