Upstate Bariatric and Metabolic

Nutrition Newsletter: Gut Health

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**Is Something Bugging You!?!**

**It is estimated that the human gastrointestinal tract contains *39-100 TRILLION bacterial cells* (a.k.a. “GUT BUGS”), which may represent 3 to 10 times the number of HUMAN cells in your whole body! Furthermore, *at least 70% of your immune system resides in your gut*. Your gut bacteria are also responsible for *producing almost ALL of the serotonin* (“the happiness neurotransmitter”) in your body. Last but certainly not least, emerging research demonstrates a strong link between compromised gut bacteria and obesity. Are you sensing a theme here??**

**Your gut bacteria clearly play many essential roles within the body. Therefore, nourishing a healthy gut is SUPER important!**

**So, how do you eat to boost gut health?**

**Optimal gut health requires two main things consistently in the diet: probiotics and prebiotics. *Probiotics* are the actual beneficial bacteria that support healthy functioning and help to balance the overall population of bacteria (both good and bad) within the gut. They are found in fermented and cultured foods like** *yogurt, kefir, kimchi, miso, sauerkraut, kombucha***, and** *tempeh***. *Prebiotics* are fiber-rich foods that serve as fuel *for* your gut bacteria. Think of them as fuel for the “good bugs” within your gut. Prebiotics are found in foods like** *apples, barely-ripe bananas, oats, beans, whole grains, garlic, onions, asparagus, leeks,* **and** *artichokes***. You need to include both prebiotics *and* probiotics in the diet in order to promote optimal gut health.**

**Luckily, a varied, balanced diet rich in whole foods like fruits, vegetables, beans, and fermented foods will naturally make your “good bugs” very happy! Aim to incorporate foods with prebiotics and probiotics into your daily routine to keep everything running smoothly. See the yummy gut-boosting recipe on the next page for some cooking inspiration to get started!**

**Kimchi Soup**

Recipe from: https://www.cookinglight.com/recipes/kimchi-soup



**Active Time:** 15 Mins **Total Time:** 35 Mins

**Yield:** Serves 4 (serving size: 1 1/2 cups)

By [**MARGARET DICKEY**](https://www.cookinglight.com/author/margaret-dickey)

## **Ingredients**

* 1 tablespoon toasted sesame oil
* **1 cup scallions, sliced (from 8 scallions)**
* **2 tablespoons garlic cloves, sliced (about 4 garlic cloves)**
* 1 (1-in.) piece fresh ginger, peeled and minced
* 1 (32-oz.) pkg. unsalted chicken or vegetable broth
* 2 tablespoons lower-sodium soy sauce
* 1 to 2 tablespoon gochujang
* 7 ounces silken tofu, cut into 4 1/2-in-thick x 3 1/4-in.-long slices (from [14-oz.] pkg.)
* **1 1/2 cups kimchi**
* 1/4 cup chopped fresh Korean chives or garlic chives (optional)

**Instructions:**

* 1. Heat oil in a Dutch oven over medium-high; add scallions, garlic, and ginger. Cook, stirring often, until soft, about 3 minutes.
  2. Add broth, soy sauce, and gochujang; bring to a boil. Reduce heat to low, and add tofu and kimchi, stirring once, until heated through, about 3 minutes. Sprinkle with Korean chives, if desired.

Nutrition Facts: 117 Calories; 5g Fat; 0.5g Sat. Fat; 3g Unsat. Fat; 8g Protein; 11g Carbohydrates; 1.5g Fiber; 2g Sugars; 0g Added Sugars; 876mg Sodium; 7% DV Calcium; 8% DV Potassium

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