

Your gut and its microbiome:

What to eat for healthy aging



The condition of your gut affects your overall health.

To be more specific, your microbiome is what's driving your gut health. But what does all of this mean?

Your "gut" refers to your gastrointestinal tract (or GI tract, for short). It includes all parts of the body that you use to digest, absorb and process food. It starts with your mouth, salivary glands, throat (pharynx) and esophagus. It progresses to your stomach, liver, pancreas, gallbladder, small intestine, large intestine and rectum and ends with your anus.¹

Your microbiome consists of a variety of things best kept for science class. There are microorganisms, bacteria, viruses, protozoa, fungi and genetic material living in your gut.² The balance is delicate and affected by many factors. An imbalance can change your metabolism and cause inflammation.³ While some bacteria may be harmful, nearly all of the bacteria in your gut is helpful and necessary.

As you age, your microbiome evolves. It's affected by many things, from genetics to what you eat.

There is a suggested correlation between diverse microbiomes and living longer, more active lives.²

Improve your gut health

Diversifying your diet is the first step to take. Commit to regular, healthy eating habits. Skip the salty, sugary, fatty and processed foods. Instead, enjoy fiber and nutrient-rich foods like:

- ✓ A wide variety of fruits and veggies—the fresher the better
- ✓ Fiber-rich nuts, seeds and legumes
- ✓ Whole-grain foods like 100% whole-grain bread, brown rice, whole rolled oats, millet and quinoa

What are probiotics?

Probiotic foods contain live microorganisms that boost the good bacteria in your gut.⁴

They are found in fermented foods like:

- ✓ Yogurt
- ✓ Kefir
- ✓ Kimchi
- ✓ Sauerkraut
- ✓ Miso
- ✓ Kombucha



How about prebiotics?

These fiber-rich foods feed the helpful probiotic organisms in your gut:⁵

- ✓ Asparagus
- ✓ Citrus fruits
- ✓ Berries
- ✓ Bananas
- ✓ Apples
- ✓ Steel-cut oats
- ✓ Onion
- ✓ Garlic
- ✓ Almonds



Combine your favorite prebiotic, probiotic and natural, unprocessed foods to shape up your microbiome. Your health could benefit from it. Try the delicious recipe on the next page. It's full of natural goodness.



Raspberry-pineapple fish tacos⁶

Makes 4 servings | Prep: 45 minutes

Ingredients

- 3 limes
- 2 Tbsp canola oil, divided
- 2 tsp chili powder
- ½ tsp salt, divided
- ¼ tsp ground pepper, divided
- 1 lb tilapia, flounder or cod fillets (thawed if frozen)
- 1 cup fresh raspberries
- 1 cup cubed fresh pineapple (1/2-inch)
- 2 Tbsp thinly sliced green onion
- 1 jalapeño pepper (optional), halved, seeded (if desired) and finely chopped
- ½ cup nonfat plain Greek yogurt
- 8 (6-inch) corn tortillas, warmed
- 1 cup finely shredded green cabbage
- ¼ cup fresh cilantro leaves
- 1 lime, cut into wedges

Preparation

- 1 Grate 1 tsp zest and squeeze 5 Tbsp juice from limes.
- 2 Combine 2 Tbsp of the juice, 1 Tbsp oil, chili powder, ¼ tsp salt and ⅛ tsp pepper in a small bowl.
- 3 Place fish in a sealable plastic bag set in a shallow dish. Pour in the lime mixture, seal and turn to coat. Marinate in the refrigerator for 15 to 30 minutes.
- 4 Combine raspberries, pineapple, green onion, jalapeño, lime zest, 1 Tbsp lime juice and the remaining 1 Tbsp oil, ¼ tsp salt and ⅛ tsp pepper in a medium bowl.
- 5 Combine yogurt and the remaining 2 Tbsp lime juice in a small bowl.
- 6 Coat a 12-inch nonstick skillet with cooking spray and heat over medium-high heat. Add the fish (discard marinade) and cook, turning once, until it flakes easily, 4 to 6 minutes.
- 7 Break the fish into bite-size pieces with a fork.
- 8 Serve in tortillas topped with cabbage. Add salsa, the yogurt mixture and cilantro, with lime wedges on the side if desired.

Nutrition information | Serving size: 2 tacos



Calories: 460 | Total fat: 11 g | Saturated fat: 1 g | Sodium: 249 mg | Cholesterol: 77 mg
Total carbs: 43 g | Fiber: 8 g | Sugars: 14 g | Protein: 50 g | Potassium: 959 mg

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¹<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/digestive-system>
²<https://www.nia.nih.gov/news/unique-gut-microbiome-patterns-linked-healthy-aging-increased-longevity>
³<https://gut.bmj.com/content/67/9/1716>
⁴<https://www.nccih.nih.gov/health/probiotics-what-you-need-to-know>
⁵<https://nutrition.ucdavis.edu/outreach/nutr-health-info-sheets/consumer-pre-probiotic>
⁶<https://www.eatingwell.com/recipe/263967/raspberry-pineapple-fish-tacos>

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