



BOOST YOUR GUT HEALTH



Boosting gut health improves digestion, enhances immunity, and supports better overall physical and mental health. A balanced diet and lifestyle are key to maintaining a healthy gut microbiome. Here are five tips to help improve your gut health:

1. **Add Variety.** Eating a variety of foods from different food groups helps to diversify the healthy bacteria in your gut. Make sure to eat a rainbow of colors by adding different fruits and vegetables and add more whole grains, legumes, nuts, and seeds to your diet.
2. **Eat More Probiotics.** Probiotics are a bacteria that can enhance gut health. They can be found in fermented foods, such as yogurt, kefir, sauerkraut, kimchi, miso, and kombucha.
3. **Add More Prebiotics.** Prebiotics are a type of fiber that enhance gut health by promoting the growth and activity of beneficial bacteria. Good sources: apples, bananas, berries, onions, asparagus, whole grains, chickpeas, flaxseeds, and chia seeds.
4. **Stay Hydrated.** Drinking plenty of water can help maintain a healthy mucosal lining in the intestines and support the balance of beneficial bacteria. Aim for at least 8 glasses of water a day, more if you are active or live in a hot climate.
5. **Increase Fiber-Rich Foods.** Fiber benefits include proper digestion and absorption of nutrients. Add more fiber-rich foods to your diet like vegetables, legumes, fruits, whole grain breads and cereals, nuts, and seeds.

What to Look for in a Healthy Yogurt

The yogurt aisle can be overwhelming with so many different choices and not all yogurts are created equal. Here are some tips for selecting the best one:

- **Live and Active Cultures** – Look for labels that mention “live and active cultures” or specific probiotic strains like Lactobacillus and Bifidobacterium.
- **Low Added Sugars** – Choose plain or low-sugar options and sweeten naturally with fresh fruit or a small amount of honey or maple syrup.
- **High Protein Content** – Greek yogurt is a great option as it typically contains more protein than regular yogurt.
- **Non-Dairy Alternatives** – If you choose non-dairy alternatives, ensure that they are fortified with calcium and vitamin D, contain live cultures, and are low in added sugars.



CENLA AAA Hot Menu

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Each Meal is Served with 1/2 Pint of 2% Milk</p>	<p>1</p> <p>Hamburger Lettuce/Tomato/Pickle Chuckwagon Corn Wheat Hamburger Bun Fruited Gelatin Mustard Ketchup</p>
<p>4</p> <p>Ham/Honey Glaze or Chicken Breast/Gravy Ranch Potatoes Peas & Carrots Wheat Bread Fig Bar Margarine</p>	<p>5</p> <p>CLOSED</p>	<p>6</p> <p>Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Fresh Fruit Mustard Ketchup</p>	<p>7</p> <p>Ham & Black-eyed Peas Steamed Rice Cabbage Cornbread Fresh Fruit Cranberry Juice Margarine</p>	<p>8</p> <p>Bone-in Smothered Chicken Whipped Potatoes California Vegetables Wheat Bread Chocolate Cake Margarine</p>
<p>11</p> <p>Beef with Burgundy Sauce Whipped Potatoes Carrots Wheat Bread Strawberry Craisins Margarine</p>	<p>12</p> <p>Chicken Alfredo Mixed Vegetables Brussels Sprouts Wheat Bread Chocolate Pudding Margarine</p>	<p>13</p> <p>Sausage/Red Beans Brown Rice Turnip Greens Pickled Beets Cornbread Apple Juice Margarine</p>	<p>14</p> <p>Chicken Salad or Turkey & Cheese Lettuce & Tomato Carrot Raisin Salad Wheat Bread (2) Fresh Orange Mayonnaise</p>	<p>15</p> <p>Frito Chili Pie with Cheese Chuckwagon Corn Green Peas Corn Chips Royal Brownie</p>
<p>18</p> <p>Turkey Chili Cheesy Rice Green Peas Tossed Salad Wheat Bread Fruit & Grain Bar Margarine Ranch Dressing</p>	<p>19</p> <p>Shepherd's Pie California Vegetables Green Beans Wheat Bread Peanut Butter Cookie Margarine</p>	<p>20</p> <p>Baked Chicken Breast Citrus Mojo Sauce Chantilly Potatoes Carrots Wheat Bread Marble Cake Ice Cream Margarine</p>	<p>21</p> <p>Sausage/Pinto Beans Brown Rice Cabbage Cornbread Riasin Crème Cookie Fruit Juice Blend Margarine</p>	<p>22</p> <p>Sloppy Joe or BBQ Pork Riblet Ranch Beans Chuckwagon Corn Hamburger Bun Fresh Fruit</p>
<p>25</p> <p>Chicken & Sausage Gumbo w/Rice Whipped Sweet Potatoes Okra & Tomatoes Saltine Crackers Fresh Fruit Margarine</p>	<p>26</p> <p>White Beans/Sausage Steamed Rice Mixed Greens Cornbread Fudge Round Cranberry Juice Margarine</p>	<p>27 Thanksgiving</p> <p>Turkey Breast Brown Gravy Whipped Sweet Potatoes Peas & Carrots Cornbread Dressing Pumpkin Bar Margarine</p>	<p>28</p> <p>Closed</p>	<p>29</p> <p>Closed</p>