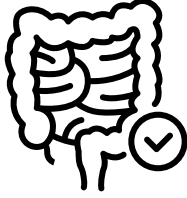


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## Gut Health for Immunity

In the past few years, managing your gut health has been linked to increased immunity. Increased immunity helps us to not get sick as easily!



Studies have also shown that our diet can affect this interaction. Here's a couple tips on eating for a healthy gut:

**1) Fermented Foods:** Fermented foods help by creating diversity in your gut health. Examples of fermented foods include kimchi, cultured milks and yogurts, and sauerkraut. Probiotics (good bacteria) and prebiotics (good bacteria "food") fall into this category. Probiotics are mainly found in cultured milks and yogurts. Prebiotic foods include wheat, asparagus, and barley.

**2) Fiber:** Consuming fiber helps to regulate bowel movements and can also decrease the risk of hemorrhoids and diverticular disease. Eating whole grains, legumes, fruits, and vegetables will give you the fiber you need.

Click [HERE](#) for more examples on foods for gut health!

## Moving Away From the "Clean Plate Club"

Many of us have grown up with our parents telling us "clean your plate" by eating everything on it whether you are full or not. Is it entirely necessary? While it's well-intentioned, the "clean plate club" may actually be teaching us to go against our natural hunger and satiety cues. These cues tell us whether we need energy and nourishment or we're satisfied for now. When we ignore these for a significant length of time, we can forget to follow them or even know what they feel like which can cause us to overeat. These are a few things we can do instead:

- **Learn your satiety cues:** When we learn our satiety cues, we can learn our "habits" versus our "hunger." We can also learn to get to a place where we're eating what we feel we need versus always finishing what's in front of us. Remembering that this is a learning process can help us continue to eat mindfully and help eliminate possible guilt.
- **Find what eating patterns work best for you:** Some of us will feel better when we eat the classic three meals a day, some of us will feel better just eating lighter meals or snacks throughout the day, and some of us may feel better doing a combination of both. Sometimes this will change each day! Feel free to experiment with meal and snack combinations to find what works best for you!
- **As a parent, be the example:** If parents can model the ways of mindful eating and paying attention to their hunger and satiety cues, this serves as an excellent gateway to encouraging a lifetime of healthful eating patterns.



## Myth vs. Fact: Should I cut fat out of my diet?

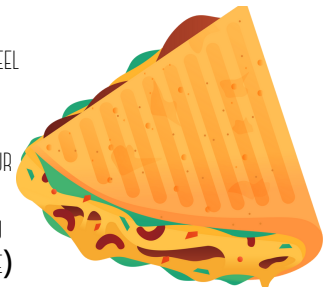
**Myth:** All fats are unhealthy, and we should never eat them.

**Fact:** Fats are one of the vital macronutrients we need in our daily diet- the others being protein and carbohydrates. Unsaturated fats (fats that are liquid at room temperature such as olive oil, with the exception of avocados) are shown to be healthier for us than saturated fats (fats that are solid at room temperature such as butter and margarine). Eating too many saturated fats in our daily diets has been linked to an increased risk of cardiovascular disease and stroke. On the other hand, unsaturated fats have been linked to a decreased risk of cardiovascular disease and stroke. Please keep in mind that we do not need to completely cut out saturated fats, and the best diet for all of us is a balanced diet of all the food groups.

## RECIPE: AVOCADO QUESADILLAS

RECIPE ADAPTED FROM TASTE OF HOME

- 1 TABLESPOON CANOLA OIL
- 16 CORN TORTILLAS (6 INCHES IS RECOMMENDED, BUT FEEL FREE TO USE WHAT YOU CAN FIND OR HAVE)
- 2 CUPS SHREDDED MEXICAN CHEESE BLEND
- 1 CUP PICO DE GALLO (OR FEEL FREE TO SUBSTITUTE YOUR FAVORITE SALSA)
- 1 LARGE RIPE AVOCADO, PEELED AND THINLY SLICED (YOU COULD ALSO USE A PRE-MADE OR HOMEMADE GUACAMOLE)
- 3 TABLESPOONS MINCED FRESH CILANTRO
- ADDITIONAL PICO DE GALLO (OR SALSA)



- 1) GREASE GRIDDLE (OR A PAN) WITH OIL; HEAT OVER MEDIUM HEAT. LIGHTLY SPRINKLE TORTILLAS WITH WATER TO MOISTEN.
- 2) PLACE 4 TORTILLAS ON A GRIDDLE; SPRINKLE WITH CHEESE. AFTER THE CHEESE HAS MELTED SLIGHTLY, TOP WITH 1 CUP PICO DE GALLO, AVOCADO, AND CILANTRO. TOP WITH REMAINING TORTILLAS.
- 3) COOK UNTIL TORTILLAS ARE LIGHTLY BROWNED AND CHEESE IS MELTED, 3-4 MINUTES ON EACH SIDE. SERVE WITH THE ADDITIONAL PICO DE GALLO.