

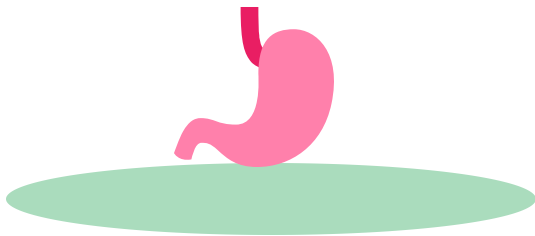
Fiber & Your Gut

A higher fiber diet protects one of the most important systems in your body, your immune system.

Immunity is housed in the gut

Your gut (notably the cecum of the large intestine) is home to millions of powerful bacteria that are working continually to prevent and protect us from disease.

Over 60% of our immunity is housed in the lining of our guts. Remember the old adage, “garbage in, garbage out”? This certainly applies to our **gut microbiome**.



Feeding the good bacteria is easy

Results of a recent study showed that two types of fiber (fructans and galacto-oligosaccharides) greatly improve the good bacteria that have been found to aid in the reduction of infectious disease, production of vitamins, and reduction in symptoms of IBS.

- 1. Fructans** are found in whole wheat, onions, garlic, and inulin, a type of fiber found in barley, asparagus, and jicama.
- 2. Galacto-oligosaccharides** are found naturally in dairy products as well as plant-based foods including beans, lentils, and soybeans.



9 easy switches to help your gut and immune system

1. Switch from white bread and pasta to 100% whole wheat.
2. Using farro, bulgur, or wheat berries in grain salads.
3. Season soups and sauces with garlic.
4. Add onions to sandwiches, wraps, soups, and salads.
5. Swap Greek yogurt for sour cream in your favorite dip.
6. Use beans in place of beef in tacos or other dishes.
7. Enjoy lentil soup with onions and garlic.
8. Add beans to soup, salad, and grain bowls.
9. Try edamame as a snack in place of chips or pretzels.

