

NEW / NEW
YEAR / YOU

BOOST YOUR
GUT HEALTH

Food is truly medicine, and the gut microbiome is living proof. The gut or digestive tract is home to over 10-100 trillion bacterial cells referred to as microbiota and collectively are called the microbiome.

These bacteria are essential for digesting, absorbing and metabolizing food as well as supporting mental and immune health. In fact, 60-70% of our immune system is in our gut. We have a diversity of good and bad gut bacteria. When it is out of balance, our gut (and immune system) will not function optimally – giving us digestive issues and, in more severe cases, may trigger disease.

The gut microbiome changes with the individual over time; it is affected by several factors, including age, long-term dietary habits, lifestyle, environmental exposures, antibiotic use and stress. The good news is we can restore our gut microbiome with the foods we eat. In fact, dietary changes impact the gut microbiota within 24 hours. Diversity of bacteria is the goal: the more diverse the diet, the more diverse the microbiota.

What to Eat for a Diverse Microbiota

Foods containing prebiotic fibers which good gut bacteria needs to grow and survive

Leeks, onions, garlic, jicama, asparagus, apples, seaweed, Jerusalem artichokes, chicory root, dandelion greens, tomatoes, peas, soybeans, whole grains, flax seed, legumes, nuts, cooked and cooled potatoes or white rice

Probiotic foods that restore and maintain good gut bacteria

Kefir, yogurt, kimchi, krauts, kombucha, miso, other cultured dairy and dairy alternatives

Foods rich in omega-3 essential fatty acids

Best sources: oily fish such as salmon, sardines and tuna
Good sources: walnuts, chia seeds and flax seeds

A balanced amount of plant-based and animal-based proteins

Plant-based whole foods like legumes, nuts, tofu and seeds & lean animal-based whole foods such as poultry, fish, shellfish, eggs and dairy products

Foods rich in vitamins, minerals and polyphenols

Vegetables, fruits, herbs, cacao, whole grains and nuts

CENLA AAA Hot Menu

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 Salisbury Beef Brown Gravy Whipped Potatoes Carrots Wheat Bread Oatmeal Crème Cookie Margarine	4 Ham & White Beans Rice Cabbage Cranberry Juice Cornbread Fresh Apple Margarine	5 Turkey & Cheese or Ham & Cheese Lettuce & Tomato California Vegetable Salad Wheat Bread Snickerdoodle Bar Mayonnaise/Mustard	6 Winter Special Baked Ham Honey Glaze Green Peas Whole Kernel Corn Wheat Bread Cookies & Cream Fluff Margarine
9 Swedish Meatballs or BBQ Riblet/Sauce Whipped Potatoes Mixed Vegetables Wheat Bread Apple Juice Margarine	10 Taco Salad/Cheese Black Beans Whole Kernel Corn Tortilla Chips Fresh Fruit Taco Sauce	11 Turkey Breast Brown Gravy Chantilly Potatoes California Vegetables Wheat Bread Chocolate Chip Cookie Margarine	12 Pork Roast Pork Gravy Black-eyed Peas Green Peas & Carrots Wheat Bread Cranberry Juice Margarine	13 Diced BBQ Chicken Ranch Potatoes Green Beans Wheat Hamburger Bun Royal Brownie
16 CLOSED	17 Chicken & Sausage Gumbo with Rice Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Oatmeal Crème Cookie Margarine	18 Sausage & Pinto Beans Brown Rice Cabbage Grape Juice Cornbread Fudge Round Margarine	19 Beef Patty Brown Gravy Whipped Potatoes Whole Kernel Corn Wheat Bread Cake & Ice Cream	20 Egg Patty (2 ea) or Ham/Country Gravy Grits Hashbrown Patty Orange Juice Biscuit/Margarine Fruit & Grain Bar
23 Teriyaki Meatballs Glazed Carrots Green Peas Wheat Bread Fresh Orange Margarine	24 Hamburger Corn O'Brien Lettuce/Tomato/Onion Hamburger Bun Pineapple Cobbler Mustard	25 Turkey Chili Brown Rice Green Beans Pickled Beets Saltine Crackers Orange Gelatin Margarine	26 Red Beans & Sausage Rice Turnip Greens Orange Juice Cornbread Fig Bar Margarine	27 Tuna Salad or Turkey Salad Coleslaw Tossed Salad Wheat Bread Chocolate Pudding Ranch Dressing
30 Chicken Breast Fillet Italian Herb Sauce Whipped Sweet Potatoes Green Beans Wheat Bread Fruit & Grain Margarine	31 Salisbury Beef Brown Gravy Whipped Potatoes Carrots Wheat Bread Oatmeal Crème Cookie Margarine	 <p>TRIO Community Meals an elior company</p>		Each Meal is Served with 1/2 Pint of 2% Milk