



# 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 Frozen Menu

## November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1 Special</b> <b>Home Style Meatloaf</b> Brown Gravy Whipped Potatoes Whole Kernel Corn Wheat Bread Fresh Fruit
				Each Meal is Served with 1/2 Pint of 2% Milk
<b>4</b> <b>Chicken &amp; Sausage Gumbo w/Rice</b> Whipped Sweet Potatoes Okra & Tomatoes Saltine Crackers Fresh Fruit	<b>5</b> <b>White Beans/Sausage</b> Steamed Rice Mixed Greens Cornbread Fudge Round Orange Juice	<b>6</b> <b>BBQ Meatballs</b> Green Peas California Vegetables Wheat Bread Oatmeal Crème	<b>7</b> <b>Parmesan Chicken</b> Garlic Potatoes Green Beans Wheat Bread Fresh Fruit	<b>8</b> <b>Hamburger</b> Baked Beans Chuckwagon Corn Wheat Hamburger Bun Fresh Fruit
<b>11</b> <b>Sliced Ham with Honey Glaze</b> Ranch Potatoes Peas & Carrots Wheat Bread Fig Bar	<b>12</b> <b>Chicken &amp; Sausage Jambalaya</b> Whole Kernel Corn Green Beans/Red Pepper Wheat Bread Oatmeal Creme	<b>13</b> <b>Hamburger</b> Potato Wedges Baked Beans Hamburger Bun Fresh Fruit	<b>14</b> <b>Ham &amp; Black-eyed Peas</b> Steamed Rice Cabbage Cornbread Fresh Fruit Apple Juice	<b>15</b> <b>Smothered Chicken</b> Whipped Potatoes California Vegetables Wheat Bread Fudge Round
<b>18</b> <b>Beef with Burgundy Sauce</b> Whipped Potatoes Carrots Wheat Bread Strawberry Craisins	<b>19</b> <b>Chicken Alfredo</b> Mixed Vegetables Brussels Sprouts Wheat Bread Chocolate Pudding	<b>20</b> <b>Sausage/Red Beans</b> Brown Rice Turnip Greens Cornbread Fresh Fruit Apple Juice	<b>21</b> <b>Turkey Breast Brown Gravy</b> Whipped Potatoes Broccoli/Cauliflower Wheat Bread (2) Star Crunch	<b>22</b> <b>Frito Chili Pie with Cheese</b> Chuckwagon Corn Green Peas Corn Chips Raisin Crème
<b>25</b> <b>Turkey Chili</b> Cheesy Rice Green Peas Wheat Bread Fresh Fruit Fruit & Grain Bar	<b>26</b> <b>Shepherd's Pie</b> California Vegetables Green Beans Wheat Bread Fudge Round	<b>27</b> <b>Baked Chicken Breast Citrus Mojo Sauce</b> Chantilly Potatoes Carrots Wheat Bread Birthday Cake Cookie	<b>28</b> <b>Sausage/Pinto Beans</b> Brown Rice Cabbage Cornbread Raisin Crème Cookie Fruit Blend Juice	<b>29</b> <b>BBQ Pork Riblet</b> Ranch Beans Chuckwagon Corn Hamburger Bun Fresh Fruit