

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 Frozen Menu

January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham with Honey Glaze Ranch Potatoes Peas & Carrots Wheat Bread Fig Bar	3 Chicken & Sausage Jambalaya Green Beans/Red Peppers Whole Kernel Corn Wheat Bread Oatmeal Crème Cookie	4 Hamburger Potato Wedges Baked Beans Hamburger Bun Fresh Fruit	5 Ham & Black-eyed Peas Rice Cabbage Orange Juice Cornbread Fresh Apple Margarine	6 Smothered Chicken California Vegetables Whipped Potatoes Wheat Bread Fruit & Grain Bar
9 Chicken Breast Fillet Italian Herb Sauce Whipped Sweet Potatoes Green Beans Wheat Bread Fruit & Grain Margarine	10 Salisbury Beef Brown Gravy Whipped Potatoes Carrots Wheat Bread Oatmeal Crème Cookie Margarine	11 Ham & White Beans Rice Cabbage Cranberry Juice Cornbread Fresh Apple Margarine	12 Breaded Chicken Patty California Vegetables Whole Kernel Corn Wheat Bread Fig Bar	13 Winter Special Baked Ham Honey Glaze Green Peas Whole Kernel Corn Wheat Bread Fresh Fruit Margarine
16 Swedish Meatballs Whipped Potatoes Mixed Vegetables Wheat Bread Apple Juice	17 Beef Patty Brown Gravy Whole Kernel Corn Black Beans Wheat Bread Fresh Fruit	18 Turkey Breast Brown Gravy Chantilly Potatoes California Vegetables Wheat Bread Fruit & Grain Margarine	19 Pork Roast Pork Gravy Black-eyed Peas Green Peas & Carrots Wheat Bread Orange Juice	20 Diced BBQ Chicken Ranch Potatoes Green Beans Wheat Hamburger Bun Fudge Round
23 Parmesan Chicken with Pasta (1/4 c) Green Beans Carrots Wheat Bread Fresh Fruit Margarine	24 Chicken & Sausage Gumbo with Rice Okra & Tomatoes Whipped Sweet Potatoes Wheat Bread Oatmeal Crème Cookie	25 Sausage & Pinto Beans Brown Rice Cabbage Grape Juice Cornbread Fudge Round	26 Beef Patty Brown Gravy Whipped Potatoes Whole Kernel Corn Wheat Bread LD Birthday Cake	27 Egg Patty (2 ea) Country Gravy O'Brien Potatoes Orange Juice Wheat Bread Warm Spiced Pineapples
30 Teriyaki Meatballs Glazed Carrots Green Peas Wheat Bread Fresh Orange Margarine	31 Hamburger Corn O'Brien Orange Juice Hamburger Bun Pineapple Cobbler Mustard			Each Meal is Served with 1/2 Pint of 2% Milk