



7 Ways to Love Your Microbiome

This week, we're diving into a topic that's a game-changer for your health: your gut microbiome. The microbiome contains around thirty TRILLION single-celled organisms that impact nearly every aspect of our physical and mental well-being. Your microbiome's many roles include:

Digestion – it's good to be regular!

Immune System Support – helps reduce the risk of infections and inflammation.

Protection Against Diseases – combats harmful bacteria and viruses

Mental Health – your microbiome contributes to our mood and brain health, even for depression and anxiety.

Metabolism Regulation – affects how we store fat and regulate blood sugar, super important for combating obesity and diabetes.

Vitamin Production – a healthy gut actually produces some B vitamins, readily used by the body.

Here are 7 effective, actionable ways to show your microbiome some love and improve your overall health.

Eat a Rainbow. Variety is the spice of life, inside your body as well! Try to eat lots of different fruits, veggies, legumes, and grains. The more types you eat, the happier your gut bugs will be.

Seek out Fermented Foods. Unsweetened yogurt, miso, kombucha, kefir, and sauerkraut - so-called "probiotics" – help make your gut microbiome thrive by shifting the balance in favor of "good" bacteria over "bad" bacteria.

Prebiotics feed Probiotics. Foods rich in prebiotics include beans, flax seeds, garlic, onions, bananas, apples, and oats. They help your good bacteria grow strong and healthy, and have other health benefits as well.

Sweeten smartly. Too much artificial sweetener can interfere with gut health. Try to cut down on them and use fruit, sweet herbs, dates, and small amounts of maple syrup or honey to sweeten your food.

Hydrate! Drinking plenty of water isn't just good for your skin and kidneys; it's also great for your gut. Staying hydrated helps everything in your digestive system work smoothly.

Eat Mindfully. Take your time eating. Chew well and enjoy your food. This can help your digestion and make it easier for your gut to do its job.

Stress Less. Believe it or not, stress affects your gut too. Try to find ways to relax, whether it's going for a walk, doing some yoga, or just taking a few deep breaths.

Many of Diet ID's weekly challenges support these tips for a healthy microbiome, including:

- Eat one bite at a time
- Make half your plate fruit and veggies
- Eat 2 servings of whole grains a day
- Eat more plant-based proteins
- Drink 8 glasses of water a day

Start a new challenge today!

Potato and Sauerkraut Casserole



This recipe incorporates a food that many people only think to put on a hot dog! Sauerkraut, a natural probiotic made of fermented cabbage, is a tasty way to love your microbiome.

Ingredients:

- 4 large potatoes, thinly sliced
- 2 cups sauerkraut, drained
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 cup vegetable broth
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Optional topping: ½ cup reduced fat cheddar cheese shreds, vegan cheese shreds, or breadcrumbs

Instructions:

1. Preheat oven to 375°F (190°C). Lightly grease a casserole dish with olive oil.
2. In a small bowl, mix paprika, thyme, salt, and pepper with the vegetable broth.
3. Layer half of the potatoes at the bottom of the dish. Follow with a layer of half the sauerkraut, half the sliced onions, and half the minced garlic. Drizzle with half of the olive oil and half of the seasoned vegetable broth. Repeat the layers with the remaining ingredients.
4. Cover the casserole dish with aluminum foil and bake in the preheated oven for about 45 minutes. Add optional topping, if using. Then, remove the foil and continue baking for another 15 minutes, or until the potatoes are tender and the top is lightly browned.