

# The Nutritious Nibble



## In This Issue:

Go With Your Gut!

Did you know that your mood can affect your gut?



Your gut microbiome is a large and highly active metabolic community of healthy bacteria that promotes digestion and movement of nutrients through the body. What you eat can alter the number of diverse bacteria that promote gut health, and so does your mental state! The intestine is lined with nerve fibers that respond to and interact with the vagus nerve. This nerve communicates with many parts of the body.

When stress is on your mind, the nerve response can cause a multitude of negative symptoms in the body and lower the number of good bacteria in the microbiome. This may be why you experience discomfort in your stomach, or a **bad gut feeling**, when you're feeling overwhelmed or anxious.

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## Listen to your body



Stress can manifest in physical symptoms. Look out for symptoms like weight loss or gain, heartburn, cramping, bloat, nausea, headache, restlessness, grinding your teeth, loss of your sense of humor, poor concentration, fatigue and difficulty sleeping. If you are experiencing these symptoms, it may be time to reflect on your stress level and try to combat the tension in your body.

## Ways to better your biome

- **Get adequate sleep:** With a busy routine, it can be difficult to prioritize sleep. Try winding down each night with a relaxing ritual, like reading a book or meditating.
- **Consume pro- and prebiotics!** Probiotics are the healthy bacteria that help your gut function optimally. They can be found in yogurt, kombucha, sauerkraut, tempeh, miso, pickles, buttermilk and kimchi. Prebiotics are the fuel that your gut bacteria need to thrive. These can be found in artichokes, garlic, onions, leeks, cabbage, chickpeas, lentils, kidney beans, fruits, oats, barley, almonds, pistachios, ground flax seeds and many more!
- **Exercise!** Regular exercise promotes movement and diversity of healthy gut bacteria. Go for a walk or hit the gym! Just 30 minutes of exercise a day can improve the way your mind *and* your body feels.
- **Keep a food diary:** Understanding what we eat and how foods make us feel is key in creating an eating pattern that helps us feel good and thrive in our everyday activities. If you experience negative symptoms, try writing it down, along with the foods you ate and your mood at the time. This can help you get to the root cause of the issue.



# Resources to Relieve Stress

- [The Calm App](#) - sleep and meditation app
- [Campus Recreation](#)
- University Dietitian - [Terry Passano](#)
- [Salisbury University Counseling Center](#)



## Chili Recipe

This recipe contains four different prebiotics to support a healthy gut!

Total Cook time | 1 hour 40 min.

Yield | 6-8 servings

### Ingredients:

- 2 pounds ground beef
- 2 cloves garlic
- One 8-ounce tomato sauce 1
- teaspoon ground cumin 1
- teaspoon ground oregano 1
- teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ cup masa
- One 15-oz can pinto beans
- One 15-oz can kidney beans
- Chopped onions to taste
- Chopped cabbage to taste
- Cheddar cheese to taste

1. Place the ground beef in a large pot and throw in the garlic. Cook over medium heat until browned. Drain off the excess fat, and then pour in the tomato sauce, chili powder, cumin, oregano, salt and cayenne. Stir together well, cover and then reduce the heat to low. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add 1/2 cup water at a time as needed.
2. After an hour, place the masa harina in a small bowl. Add 1/2 cup water and stir together with a fork. Dump the masa mixture into the chili. Stir together well, and then taste and adjust the seasonings. Add more masa paste and/or water to get the chili to your preferred consistency or to add more corn flavor. Add the beans and simmer for 10 minutes. Serve with shredded Cheddar, chopped onions, tortilla chips and lime wedges.

## Resources

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