

The Nutritious Nibble

Salisbury University Dietitian Newsletter

Better Your Biome: The Core of Health

Do you get sick often, have food sensitivities, acne, fatigue or digestive issues you'd rather not discuss? All of these things may be a reflection of your intestines. Our body has its own environment, referred to as the microbiome and sometimes described as an ecosystem. It is made up of bacteria, mostly helpful, that work closely with our body. The majority of these bacteria reside in the gut. Research is revealing that our [gut microbiome influences health in many ways](#). It affects the immune responses, nervous system functioning and may play a role in the development of any number of diseases including obesity, [diabetes](#), [heart disease](#), MS, and [irritable bowel](#).

What we eat impacts the health and effectiveness of the microbiome. Our gut health can be influenced by stress, illness, lack of beneficial bacteria, nutrient deficiencies, aging, medications (antibiotics, nsaid), and alcohol among other things.

Much of our knowledge about the microbiome comes from [The Humane Microbiome Project \(HMP\)](#). This project revealed some amazing facts about our microbiome including:

- ~ **There are over 1000 different species of commensal organisms in the gastrointestinal tract**
- ~ **Bacterial genes outnumber humane genes**
- ~ **No two individuals have the exact same composition-not even identical twins**

A diverse microbiome gives strength and is more resistant to invasion and so supports our health better. Your everyday activities influence your microbiome through what you eat and drink.



Live Links to Recipes:

[Black Bean Chili](#)
[Guacamole](#)
[Smoothie Magic](#)
[Sheet Pan Salmon](#)
[Black Bean Stew](#)

Path to a better biome

- ~ **Reduce sugar and processed foods**
- ~ **Try some fermented foods such as sauerkraut to support the good guys**
- ~ **Get your omega 3 fatty acids. Food sources include Salmon, Tuna, walnuts, flax seeds**
- ~ **Get plenty of fiber. The USDA Dietary Guidelines recommend 25-34 grams a day for adults.**
- ~ **Get outside and enjoy activity to your comfort level.**

A gut healthy diet is one rich in whole, unprocessed, unsweetened foods along with traditional fermented or cultured foods. It's high in fiber and omega 3 rich foods.

“All disease begins in the gut” Hippocrates

A Healthy Biome Day of Meals

Wake in time to prepare for the day without rushing and have some breakfast.

Breakfast: Smoothie with plain Greek yogurt, freshly ground flax seed, your favorite berries and ½ banana. Consider adding some nut butter for protein and healthy fats.

Snack: Almonds or sunflower seeds

Lunch: Brown rice, salmon, asparagus with garlic, butternut squash

Snack: apple or pear

Dinner: Black bean chili with garlic, onions and oregano with a side salad of spring mix greens, broccoli, cauliflower and/or artichoke hearts. Top it off with olive oil and vinegar dressing and a sprinkling of herbs.

Drink plenty of water, 64oz a day is a good ballpark amount.

A well balanced lifestyle supports a healthy microbiome. Exercise to your comfort level, get plenty of rest, drink water, enjoy your friends and family and have activities that calm you and make you laugh.

For help finding ways to better your biome visit me for a personalized session.

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For daily healthy option suggestions visit our social media and our [Dining Services web page](#). Suggestion are lower in sugar and unhealthy fats and higher in nutrients that support health and happiness.

For a one-on-one appointment contact
Terry Passano

[University Dietitian](#)

thpassano@salisbury.edu
 CB 151

410-548-9112