

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



USDA
Supplemental
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Assistance
Program

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Improve your gut health today

New research into gut health is providing information about our overall health and the effect our lifestyles have on it. Scientists say they have only scratched the surface when it comes to researching our gut microbiome, so what is gut microbiome?

There are tiny organisms living all over our body, things like good and bad bacteria. Now imagine a community of trillions of these microorganisms living in or on the body; that is what is called a microbiome.

The largest of these microbiomes is located in our digestive system, specifically the small and large intestines. The microbiome of each person is unique, and genes, diet, environment, age, and more can influence it.

Why is this important? Research is finding that a healthy microbiome, where everything runs smoothly and has a high ratio of good microbes, can result in improved health. It can affect sleep, mood, inflammation, infection, and even our risk for chronic disease. Here are some simple tips for improving your microbiome:



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BASIC BUDGET BITES

Grow your own savings

It's time to start planning your summer garden. Not only does fresh-picked produce from your own garden taste delicious, it can save you money. SNAP benefits can be used to purchase both seeds and plants that produce food. Purchase tomato plants, green pepper seeds, fruit trees, onion bulbs, or seeds for herbs and you will be one step closer to a bounty of fresh produce to enjoy the entire growing season. The average cost of a tomato plant is around \$5, and under good conditions, most varieties will produce 8 pounds of tomatoes. That equals just 63 cents for a pound of tomatoes. Remember you can preserve what you cannot use right away to stretch those savings far past the growing season and into the winter months.

Source: snapgardens.org

PARENT'S POW-WOW

Kids need fiber, too!

Fiber helps the digestive tract by keeping things moving, and it helps our body feel full after eating. The recommendations for fiber according to the Dietary Guidelines for Americans vary based on the age and gender of the child. For 1- to 3-year-olds, the recommendation is to consume 14 grams of dietary fiber per day. This recommendation increases as the child grows, the maximum being 30 grams for boys ages 14- to 18-years-old. Here are some tips for getting more fiber into your child's diet:

- **5-a-day.** Have your child aim to eat 5 serving of fruits and vegetables each day. Fruits and vegetables are naturally good sources of fiber. Other good sources include: beans, peas, nuts, and whole grains.
- **Read food labels.** Foods that have 3 grams or more of dietary fiber per serving are considered good sources. Excellent sources include 5 grams or more of dietary fiber per serving.

Source: Dietary Guidelines for Americans



FOOD FACTS

Vitamin D

Vitamin D is a fat-soluble vitamin essential for bone development and maintenance. Vitamin D helps the body absorb calcium and phosphorus, key nutrients for bone health. The Committee for Dietary Guidelines has labeled vitamin D as a nutrient of public concern because some Americans don't get enough in their diets. If you don't get enough vitamin D, it could lead to health concerns. For this reason, it has been added to the new food label. There are three ways your body gets vitamin D: exposing your skin to direct sunlight, eating foods with vitamin D, and dietary supplements. Fifteen minutes a day of sunlight is recommended. Foods with vitamin D include fatty fish like salmon, tuna, and mackerel; beef liver; egg yolks; and vitamin D-fortified foods like milk, yogurt, and orange juice.

Source: National Institutes of Health

COOKING WITH KIDS

Apple Tuna Sandwiches

- 1 6.5-ounce can tuna, packed in water, drained
- 1 apple
- ¼ cup low-fat vanilla yogurt
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole-wheat bread
- 3 lettuce leaves

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.

4. Spread ½ cup of the tuna mix onto 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Number of servings: 3

Serving size: 1 sandwich

Nutrition Facts per serving:

260 calories; 3 g total fat; 1 g saturated fat; 0 g trans fat; 21 mg cholesterol; 433 mg sodium; 39 g carbohydrate; 6 g fiber; 13 g total sugars; 5 g added sugars; 21 g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

Salmon Patties

- 1 15.5-ounce can salmon, drained
- 1 cup crushed whole-grain cereal or crackers
- 2 lightly beaten eggs
- ½ cup skim milk
- ⅛ teaspoon black pepper
- 1 tablespoon vegetable oil

1. Place salmon in a medium mixing bowl. Use a fork or clean fingers to flake salmon until very fine. Remove skin and large bones.
2. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.
3. Shape into 8 patties.
4. Heat oil in a skillet on medium. Carefully brown both sides until patty is thoroughly cooked.

Cooking tips: Replace the salmon with canned tuna fish. Or, combine the salmon and tuna. Other optional additions to patties: ½ teaspoon

lemon pepper, ½ cup finely minced celery, 1 tablespoon finely minced bell pepper, ½ cup chopped onion, or 4 finely chopped green onions.

Number of servings: 8

Serving size: 1 patty

Nutrition Facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g carbohydrate; 0 g fiber; 2 g total sugars; 0 g added sugars; 13 g protein.

Source: University of Kentucky Nutrition Education Program

SMART TIPS

Accessing food during school closures

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School closings and fewer options at the grocery might leave you worried about getting enough food. Luckily, communities are offering resources.

- Many schools are offering feeding programs such as grab-and-go breakfast items and lunches for students. The Kentucky Department of Education website, <https://education.ky.gov/federal/SCN/Pages/COVID-19FeedingSites.aspx>, can help you find a child nutrition program feeding site near

you. You can also check your local school system's website or call your child's school for information.

- To find a food pantry in your area, visit Feeding America's website at feedingamerica.org/find-your-local-foodbank. Call to learn about the options available other than food pickup like Senior Grocery Programs.
- You can find information on church-based food pantries on their websites, in newspapers, or on godspantry.org/help or whyhunger.org/find-food.
- You can find other food resources by dialing 211. 211 can also help beyond food resources.
- Many grocery stores are now offering delivery options. Some take EBT payment for delivery. Visit your store's website, or call them to see what is available.



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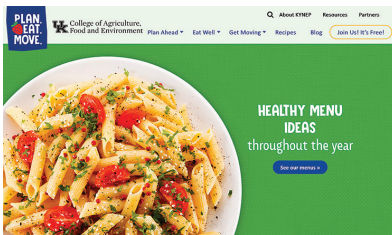
Improve your gut health today

- **Eat more fiber.** Americans on average consume around 14 grams of fiber a day while the recommendation for most adults is closer to 25 grams a day. To get more fiber in your diet focus on including whole fruits, whole vegetables, beans, peas, and whole grains. This helps to feed the good bacteria in our gut.
- **Eat probiotics.** Probiotics are good bacteria or live cultures you get from food sources. Sources like Greek yogurt, fermented foods like sauerkraut, pickled vegetables, olives, as well as sourdough bread are good ways to consume probiotics.
- **Don't ignore your gut feelings.** The gut and brain are connected through

the microbiome. Find ways to lower your stress level when you "feel a pit in your stomach" as the phrase goes. Concentrate on your breath, take a walk, or take a bath. Find what works for you when it comes to stress relief.

Source: Amy Singleton, Regional Extension Agent for Nutrition Education Program

LOCAL EVENTS



Feeling better happens one small step at a time.

We know, because that's what we've done – and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling great! So take a look at some of our useful tips and maybe even take a free class for free tips.

PlanEatMove.com

Connect with or contact your county to learn about free classes in your community! Visit PlanEatMove.com/free-classes to learn more.

If you are interested in nutrition classes, contact your Extension office.

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EXTENSION.CA.UKY.EDU/COUNTY