

NORTH TEXAS PHP NEWS

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Dietary Fiber and the Gut Microbiome

Do you know how much fiber you eat each day? Most Americans eat 15 grams of fiber per day which is well below the recommended 25 grams per day for women and 38 grams per day for men. High fiber foods help maintain a healthy, diverse gut microbiome. These prebiotics stimulate the growth and activity of the probiotic bacteria. Your microbiome responds rapidly to change in diet with positive shifts in bacteria within days of increasing fiber.

Why is a healthy gut important? We know obese patients have less diversity in their gut microbiome. Research confirms for every 10 gram increase in fiber we eat daily, we can decrease our visceral fat by 40%. Excess visceral fat increases risk for diabetes and cardiovascular disease. Eating 2 cups of vegetables

each day gives us maximum cardiovascular protection and provides the fiber needed to maintain a healthy diverse microbiome. We also know patients with a larger waist have a higher risk for colon, breast, kidney and pancreas cancer. To quote Michael Pollan, author of *Food Rules*, "Eat Food. Not too much. Mostly Plants."



In this Issue

Microbiome	1
High Fiber Foods	1
Did You Know?	1
Healthy Habits	2

High Fiber Foods

1 cup of black beans=	19g
1 cup pitted prunes=	12.4g
1 medium apple with skin=	4.4g
1/2 cup raw blackberries=	4.4g
1 cup cooked oatmeal=	4g
1/2 cup brussel sprouts=	2g
1 small orange=	1.8g
1 small sweet potato=	1.8g
1/2 cup asparagus=	1.7g

DID YOU KNOW?

- Women should limit added sugar to no more than 6 teaspoons per day; men to no more than 9 teaspoons per day. To calculate the teaspoons of sugar from a label, divide the sugar content in grams by 4. This equals number of teaspoons of sugar. Be sure to account for serving size as most high sugar foods contain more than one serving per package.
- Over the counter products marketed as "male enhancers" often contain Testosterone. When Testosterone is taken orally it is toxic to the liver and can cause liver failure. We recommend avoiding these products.
- 90% of acute sinus infections are due to a viral infection and do not require antibiotics. Sinusitis symptoms that have been present for more than 10 days are more likely to be from a bacterial infection.

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HEALTHY HABITS

6 Tips on How to Boost your Mood with Nutrition

- **Eat consistently:** Aim to eat every 3-5 hours to prevent a drop in blood sugar. A drop in blood sugar can lead you to feel tired or sluggish.
- **Choose carbohydrates wisely:** Watch out for refined carbohydrates and pick whole grains and fresh fruits and vegetables. Try to limit sodas, candy, sweets, white bread, pasta and crackers. Increase whole grains that are high in fiber. The refined carbs will create a spike in blood sugars while your whole grains, fruits and vegetables will keep blood sugar more stable.
- **Eat well balanced meals and snacks:** By combining a healthy carb with a lean protein and healthy fat you can have better control over your blood sugar. With the improved blood sugar control, you can limit mood swings.
- **Eat foods rich in omega-3s and folic acid:** Low levels of omega-3s and folic acid have been associated with depression. To increase omega-3s, include fatty fish, ground flax seed, walnuts and fortified eggs in your diet. To increase folic acid, include dark leafy greens, fortified cereal, sunflower seeds and oranges.
- **Stay Hydrated:** Dehydration can make you feel sluggish and tired, so set a goal to drink 8 glasses of water throughout the day. Try to limit alcohol and caffeine as both can cause mood swings. Alcohol is a chemical depressant and caffeine may interrupt your sleep causing you to be more fatigued after drinking.
- **Increase physical activity:** Regular exercise has been found to improve mild to moderate depression in some individuals. Set a goal to try to exercise 4-5 days a week.

Healthy Kung Pao Chicken & Cauliflower “Fried Rice”

3 large chicken breasts, cut into bite-sized pieces
2 Tbsp. of garlic, minced
2 Tbsp. avocado oil
1 Tbsp. of fresh ginger, minced
1 - 1.5 lbs. of green beans or asparagus, cut into bite sized pieces
2 Tbsp. coconut aminos
1 Tbsp. sriracha
1 Tbsp. chili paste (or more, to taste)
1 Tbsp. honey
1 tsp sesame seeds
1-2 Tbsp. crushed peanuts/cashews
1 tsp. red pepper flakes (or more, to taste)
Optional: ground flax seed

1 bag of frozen cauliflower

2 eggs

1-2 Tbsp. coconut aminos

2 tsp sesame seeds

Instructions:

1. In a small bowl mix together the sauce ingredients (coconut aminos, sriracha, chili paste, and honey).
2. Add 1 tablespoon of avocado oil and 1 tablespoon of minced garlic to a large sauce pan or wok and heat to medium-high heat. Add chicken and cook for about 5 minutes, or until partially cooked and set aside.
3. Add 1 tablespoon of avocado oil and 1 tablespoon of minced garlic and ginger to a large sauce pan or wok and heat to medium-high heat. Add in green beans and sauté for about 5-7 minutes or until they begin to soften. Add in the chicken and continue to cook for ~5 more minutes or until the chicken is cooked all the way through.
4. Once chicken is cooked, add in stir fry sauce and reduce to medium-low heat and cook for a few minutes until slightly thickened then add sesame seeds and nuts. (Note: to increase thickness of sauce stir in 1 Tbsp of ground flax seed).
5. **Fried Rice:** Add frozen cauliflower rice to a non-stick skillet and heat for 8-10min on medium-high heat. While cauliflower is heating up mix together eggs and coconut aminos. Once cauliflower rice is warmed up add egg mixture and continue cooking until eggs are cooked through. Then add sesame seeds.

Enjoy!