

Gut Health



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HAPPY GUT MEALS!

What's Included in a Happy Gut Meal?

PROBIOTICS

Your friendly gut bacteria!

FIBER

To help keep your gut moving, and to mop up unwanted materials to support your body's natural detoxification pathways! Prebiotics are a type of fiber, but all fibers are not prebiotics.

**These are just 3 of the many nutrients in the meals on the next page that can contribute to a healthy gut*

PREBIOTICS

The food for your friendly probiotics!

2 DELICIOUS HAPPY GUT MEAL RECIPES!

Breakfast MASALA CHAI SMOOTHIE

INGREDIENTS

- 6 Medjool Dates
- 2 cups water
- 1 tsp. Masala Chai Spices
- ½ tsp. Salt
- ½ cup Kefir*
- 4 cups Frozen Cauliflower
- ⅛ cup Cashew Butter
- 1 Tbsp. Flax Meal
- ½ tsp. Vanilla Extract

PREPARATION

1. Blend all together until smooth & consistent

**Checkout a local co-op for probiotic-rich Kefir. Check that the label says "live active cultures", and review the ingredients to find a brand with little to no added sugars. There are dairy-free options available.*

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Lunch MEDITERRANEAN SALAD WITH GRILLED CHICKEN

SALAD INGREDIENTS

- 4 Cup Romaine Leaves, Rinsed, Dried and Chopped
- 1 Cup Cucumber, Diced
- 1 Cup Cherry Tomatoes, Halved
- 6 Natural Delights® Dates, Pitted
- 1/2 Cup fermented Vegetables of your choice (Kimchi, Sauerkraut, fermented red onions, etc.) - *make sure the label says "live active cultures"*
- 1/3 Cup Kalamata Olives, Pitted
- 1 pound grilled chicken (or substitute 14 ounces Firm Grilled Tofu)
- Lemon Wedges to Serve (Optional)

PREPARATION

1. In a large mixing bowl, add all the salad ingredients together and gently toss until combined.
2. Next, prepare the dressing by adding all the ingredients into a small, lidded jar, then seal and shake until thoroughly mixed.
3. When ready, pour the dressing over the salad and carefully toss.
4. Transfer to a serving dish and enjoy!

DRESSING INGREDIENTS

- 1/4 Cup Extra Virgin Olive Oil
- 2 T. Fresh Lemon Juice (More or Less to Preference)
- 1/4 Cup Red Wine Vinegar
- 1 Large Garlic Clove, Finely Minced
- 1 tsp. Sea Salt
- 1/2 tsp. Freshly Cracked Black Pepper

TUMMY TROUBLE WHEN EATING DATES?

Don't stress - this is likely due to an intolerance to the fructan prebiotics in dates.

You can try to enjoy a smaller amount at a time (~1/2 - 1/3 a date is typically tolerated), and/or connect with a functional nutrition dietitian to look for the root causes of this food intolerance.

Functional nutrition dietitians can provide personalized recommendations to improve your gut environment, so you can once again enjoy a variety of real, whole foods, even if they are rich in healthy prebiotics!

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