



PREBIOTICS *and* PROBIOTICS

Changing The Bacteria Inside Us



MARCH 2015

March is National Nutrition Month so it's a great time to make informed decisions about the foods you eat, or in this case, the bacteria you eat! Not to worry, some bacteria are good and help our bodies. Have you noticed fermented items at your grocery store such as kefir or kimchee? Perhaps you have been curious about yogurt labels that list "live and active cultures" in the ingredients? Many companies are showcasing their products that contain these good bacteria.

The Bacteria:

Normal levels of bacteria are found throughout the human body including our skin, mouth and digestive tract. There can be up to 100 trillion bacteria and other organisms living in our intestines. Each of us can be hosting at least 160 different species! Research suggests these organisms may work together to help the body. Some strains, known as the probiotics, have been shown to give us benefits, including reduced bloating and improvement to our immune system.

The two most common strains of probiotics we see in products are *Bifidobacteria* and *Lactobacilli*. *Bifidobacteria* has been spotlighted to stop the growth of bad bacteria, aid the immune system and help restore our bodies' normal bacteria

after taking antibiotics. These tiny organisms may pack a big punch! These types are found in:

- some yogurts
- kefirs
- buttermilk
- sourdough bread
- kimchee

Some products, known as prebiotics, aid the growth of these bacteria and feed them. Prebiotic sources include:

- fruits
- vegetables
- whole grains
- legumes

This gives us another reason to eat those five fruits and vegetables each day.

The Future of Prebiotics and Probiotics:

Prebiotic and probiotic products are on the shelves and ready for sale

within foods, drinks and supplements. Research is still determining how many bacteria we need to ingest to get these benefits. As research continues, we hope to learn more about how the bacteria in our bodies relates to diseases, including obesity and diabetes.

Safety:

Both prebiotics and probiotics are safe for most healthy adults. If you're considering taking prebiotic or probiotic supplements, check with your doctor to be sure that they're safe for you.

References: Today's Dietitian, 2014; WebMD.com; mayoclinic.com

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National Nutrition Month: Bite into a Healthy Lifestyle

This year's theme for National Nutrition Month, "Bite into a Healthy Lifestyle" encourages all people to adopt eating and physical activity plans that are focused on three main pieces; consuming fewer calories, making informed food choices and getting daily exercise. All pieces come together to help us maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

This March, the Academy of Nutrition and Dietetics recommends asking yourself these three questions:

1 What Are You Eating and Drinking?

Answering the first question may seem pretty straightforward but before you begin a list of your typical breakfasts, determine why you are eating or drinking. We often eat or drink due to many reasons besides hunger or thirst, including boredom, emotions, mood, social situations or schedules. Ideally, hunger is the main reason to begin eating.

- Find out which foods and drinks you consistently have.
- Pay attention to where your foods and drinks are coming from.
- Determine if your meals are typically eaten out or if they are homemade and think about your schedule and how it affects your choices.
- Determine if the foods and drinks you eat often pose a health risk by check-

ing their nutrition facts for sodium, saturated fat, added sugars, or excessive calories. If high, make a plan to reduce the amount or frequency you eat these foods while increasing fruits, vegetables, and whole grains.

- Check beverages for added sugar and reduce those with any added sugars such as sweetened tea, soda, or specialty beverages.

2 How Much Are You Eating and Drinking?

- Compare the amount of food you typically eat or drink from each of the food groups to the daily recommendations set by the USDA's MyPlate guidelines.
- Create your personalized nutrition and physical activity plan with the [SuperTracker](http://www.supertracker.usda.gov) (www.supertracker.usda.gov) and compare your current eating habits to your plan.

3 How Do You Prepare Foods and Drinks?

Use healthy cooking methods like:

- grilling
- baking
- broiling
- boiling
- sautéing
- steaming
- roasting
- stir-frying

Prepare foods at home most often and check the nutrition facts information when eating out. Many restaurants and fast food chains offer this information on their menu or website.

Check out NationalNutritionMonth.org for more information, games, and tips for making healthy choices a part of your lifestyle.

Resource: Academy of Nutrition and Dietetics, NationalNutritionMonth.org

Success Story

"I'm Ed Willoughby and over the past year, I had back surgery to implant a spinal cord stimulator, and brain surgery for a shunt to relieve the pressure of hydrocephalus. To say the least, exercising was the last thing on my "to-do" list as I recovered. For the past decade, I worked as a wastewater treatment operator for Pasco County Utilities, but transferred to an accounting clerk position this summer. I love my new job, but it requires a lot less physical movement than before, and I noticed the difference in my overall health.

I joined the Pasco County Color Me Fit Program here at work along with several other Pasco County co-workers. I discovered my color was "Roaring Red", which meant my exercise style is one where I do best in the midst of action and activities, and try to incorporate it in my daily lifestyle and routines. One of the first things I did was establish a "4-Day Win" goal – I wanted to begin regularly walking, and this was a great way to make it real.

Well, I have accomplished my 4-Day Win and more...walking .3 to .5 of a mile every night with the help of our new dog! In early November, my family and I adopted "Marley", a 6-year-old Saint Bernard/Great Pyrenees mix from the Pasco County Animal Shelter. We all even walked a 5K fundraiser on Thanksgiving Day! I had tried last year but was too sick from the back surgery to do it. What an accomplishment this year! I still don't run well, but that's okay because Marley doesn't

want to anyway... My advice for anyone starting an exercise program or working to get back in shape: Adopt the biggest dog you can find at the shelter and start walking. It is working for me and it feels so good to be moving again!"

Ed participated in Better You from Blue's lifestyle improvement program, Color Me Fit. Read how he found a new and inspiring way to think about physical activity and created an exercise plan that works for him!



fresh

AND
HEALTHY

RECIPE
OF THE
MONTH



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Slow-cooker Turkey Stroganoff

A split turkey breast is a terrific cut to use in this healthy slow-cooker recipe for turkey stroganoff because it stays moist. Here turkey breast is cooked in the crock pot with lots of mushrooms and carrots, then pulled off the bone, chopped and stirred back into a creamy sauce. If you can't find a split turkey breast, try this recipe with bone-in chicken breasts. Serve over whole-wheat egg noodles, on mashed potatoes or even thick slices of toasted whole-grain country bread.

Makes: 6 servings, 1 1/3 cups stew & 1 cup noodles each

Active Time: 30 minutes; Total Time: 4 1/4 or 8 1/4 hours

Ingredients

- 8 cups sliced mixed mushrooms (about 20 ounces)
- 3 medium carrots, sliced
- 1 small onion, finely chopped
- 1 3- to 4-pound split turkey breast, skin removed, trimmed
- 1 cup reduced-fat sour cream
- 1/3 cup all-purpose flour
- 1/4 cup dry sherry (see Tip)
- 1 cup frozen peas, thawed
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 8 ounces whole-wheat egg noodles (6 cups dry), cooked
- 1/4 cup finely chopped flat-leaf parsley

Preparation

1. Combine mushrooms, carrots and onion in a 5- to 6-quart slow cooker. Add turkey, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the turkey to a cutting board.
3. Whisk sour cream, flour and sherry in a bowl. Stir into the slow cooker along with peas, salt and pepper. Cover and cook on High until thickened, about 15 minutes.
4. Remove the turkey from the bone and cut into bite-size pieces; cover to keep warm. When the sauce is done, gently stir in the turkey. Serve over noodles, sprinkled with parsley.

Tips and Notes

- Make Ahead Tip: Prep vegetables and turkey; cover and refrigerate separately for up to 1 day. | Equipment: 5- to 6-quart slow cooker
- Use dry sherry instead of "cooking sherry" in recipes calling for sherry. It adds depth of flavor to sauces and stews like stroganoff, without adding the extra salt that's typically in cooking sherry. Look for dry sherry with other fortified wines at your wine or liquor store.

Nutrition: Per serving: 437 calories; 6g fat (3g sat, 2g mono); 110mg cholesterol; 43g carbohydrates; 0g added sugars; 46g protein; 7g fiber; 526mg sodium; 865mg potassium.

Recipe courtesy of Eatingwell.com

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