

January 2025

# SENIOR ACTIVITY CENTER

427 North 6th Avenue, Pocatello ID 83201

(208) 233.1212

www.pocatelloSeniorcenter.com

# HAPPY NEW YEAR!

“ Nothing brings people together like good food. ”

### Important Dates

Lunch Entertainment:

- Jan 7 David Stephens
- Jan 8 Farnes & Fronske
- Jan 14 Justin Hillary
- Jan 15 Neil Fetzer
- Jan 17 Boyd Murdock
- Jan 22 Roy McKee
- Jan 28 Darrell Brown

Sorry we're  
**CLOSED**

Monday, Jan 20

Martin Luther King, Jr. Day



## THANK YOU!

to the kitchen staff and volunteers that show up every day to make lunch so fantastic!!

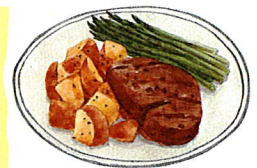
### Hours of Operation

- Monday 9:30AM to 1:30PM
- Tuesday 8:00AM to 5:00PM
- Wednesday 8:00AM to 5:00PM
- Thursday 8:00AM to 5:00PM
- Friday 8:00AM to 5:00PM

### What is a congregate meal program?

Congregate meal programs provide hot, tasty, nutritious meals to adults age 60 and older in an accessible group setting. The benefits of participating are improved nutrition, dietary variety, social connection, and greater food security. Attending congregate meals on a regular basis gives older adults the chance to meet new people, nurture lasting friendships, and build a solid support network.

In the month of December, we served 1157 meals to 288 people.



## Word from the Director

*While the mission of the Senior Activity Center is to provide a nutritional meal, we have that and so much more going on.*

*We have activities, classes, and volunteer opportunities available to meet the interests and needs of all that attend the SAC.*

*I encourage you to get involved. Try a new class. Join a different game group. Learn to play billiards. Recently, I overheard someone say, "I love how everyone looks out for each other here." I could not say it better. I see the same thing each day. One individual shared with me, "I was only coming for the free lunch. Instead, I talk to everyone and want to do all the classes." Each member will have a different experience. Studies show social connection assists in lowering blood pressure, depression, and early-onset dementia.*

*Come and enjoy lunch. Stay for the activities, friendships, and boost to your overall health.*



Tara Contreras

SEE YOU  
\*Soon!



# Senior Activity Center

## January 2025 Lunch Menu

Tuesday thru Friday lunch served from 11:30am – 12:30pm

\*Menu subject to availability



Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Happy New Year!!!</b></p> <p>CLOSED</p> </div>	<p>2</p> <p>Sloppy Joes Mixed Vegetables Applesauce Milk Dessert</p>	<p>3</p> <p>Bingo at 12:45PM <b>Welcome NAACP</b> Tuna Sandwich Normandy Vegetables Peaches Milk Dessert</p>
<p>7 Walk the Block 10:30AM Entertainment 11:30AM David Stephens</p> <p>Chicken &amp; Dumplings Green Beans Pears Milk Dessert</p>	<p>8 Dance Lessons 1PM &amp; 2PM Entertainment at 11:30AM Farnes &amp; Fronske</p> <p>Bratwurst Saurekraut Mixed Fruit Milk Dessert</p>	<p>9</p> <p>Beef Roast Scandinavian Veg Roll Mandarin Oranges Milk Dessert</p>	<p>10 Bingo at 12:45PM</p> <p>Turkey Noodle Casserole Mixed Veggies Tropical Fruit Milk Dessert</p>
<p>14 Walk the Block 10:30AM Entertainment 11:30AM Justin Hillary</p> <p>Turkey Club Cranberry Sauce Coleslaw Milk Dessert</p>	<p>15 Dance Lessons 1PM &amp; 2PM Entertainment 11:30AM Neil Fetzer</p> <p>Beef Stroganoff Corn Mandarin Oranges Garlic Bread Milk Dessert</p> <p style="text-align: right;"><b>WELCOME AARP</b></p>	<p>16</p> <p>Pizza Green Salad Pears Milk Dessert</p>	<p>17 Bingo at 12:45PM Entertainment 11:30AM Boyd Murdock</p> <p>Meatloaf Normandy Vegetables Peaches Roll Milk Dessert</p>
<p>21 Walk the Block 10:30AM</p> <p>Fry Bread Taco Roasted Corn Peaches Milk Dessert</p>	<p>22 Dance Lessons 1PM &amp; 2PM Entertainment 11:30AM Roy McKee</p> <p>Chicken Fried Steak Mixed Veggies Mixed Fruit Roll Milk Dessert</p>	<p>23</p> <p>Chicken Teriyaki Rice Normandy Vegetables Pineapple Milk Dessert</p>	<p>24 Bingo at 12:45PM</p> <p>Pork Roast Green Beans Applesauce Roll Milk Dessert</p>
<p>28 Entertainment 11:30AM Darrell Brown</p> <p>Chicken Alfredo Romaine Salad Mandarin Oranges Roll Dessert</p>	<p>29 Dance Lessons 1PM &amp; 2PM</p> <p>Sliced Turkey Broccoli Apricots Roll Milk Dessert</p>	<p>30</p> <p>Spaghetti w/Meatballs Green Beans Mandarin Oranges Garlic Bread Milk Dessert</p>	<p>31 Bingo at 12:45PM</p> <p>Ham Soup Cornbread Green Salad Pineapple Milk Dessert</p>

**A Day Spent With Friends Is Always A Day Well Spent.**

Senior Activity Center, Inc

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
29	30	31	1	2	3	4						
09:30a SAC Library Mondays Only - Room 7 Library	09:30a SAC Pool Mondays - Room 12 Billiards Room 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	09:30a CLOSED NEW YEARS EVE - Dining Room A	08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinson Boxing - Mahjong - Room 4 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinson 11 AM Exercise - Room 3 11:30a Nutrition Program Congregate Meal - Dining Room A	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a SAC Fit and Fall 11AM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 01:00p Gate City Mexican Train - Room 4	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a Nutrition Program Congregate Meal - Dining Room A	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a SAC Fit and Fall 11AM Class - Room 3 12:00p SAC Volunteers 12:30p SAC Special Pinochle - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:45p Charity Bingo - Dining Room A 01:00p SAC Creative Writing - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:45p Charity Bingo - Dining Room A 01:00p SAC Creative Writing - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:45p Charity Bingo - Dining Room A 01:00p SAC Creative Writing - Room 4	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:45p Charity Bingo - Dining Room A 01:00p SAC Creative Writing - Room 4
5	6	7	8	9	10	11						

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12	13	14	15	16	17	18
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10:30a NKA Travel Committee - Room 4	09:30a Parkinson Boxing - Room 5A	09:00a SAC American Mahjong - Room 8	09:30a Parkinson Boxing - Room 5A	09:30a Parkinson Boxing - Room 5A	11:30a Nutrition Program Congregate Meal - Dining RoomA	11:30a Nutrition Program Congregate Meal - Dining RoomA
11:00a SAC Cribbage Card Game - Room 8	10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER	10:00a SAC Board Meeting - Room 4	11:00a Parkinson 11 AM Exercise - Room 3	11:00a SAC Fit and Fall 11AM Class - Room 3	11:30a Nutrition Program Congregate Meal - Dining RoomA	12:00p SAC Volunteers
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	12:00p Portneuf Health Trust Volunteers - Dining RoomA	12:00p SAC Volunteers	12:00p SAC Bridge - Room 8	12:00p SAC Volunteers	01:00p SAC Creative Writing - Room 4	
	12:30p SAC Pinochle - 3	01:00p SAC Free Dance Lessons - Dining RoomA	01:00p SAC Bridge - Room 8	12:30p SAC Pinochle - 3		
	04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	01:00p SAC Mexican Train - Room 11	01:00p SAC Free Dance Lessons - Dining RoomA	03:30p SAC Special Pinochle - Room 4		
	03:30p SAC Fit and Fall 3:30 PM Class - Room 3	02:00p SAC Line Dancing - Dining RoomA	02:00p SAC Mexican Train - Room 4	03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
	04:30p TOPS - Room 4	03:00p Parkinson Support Group Monthly Meeting - Room 3	02:00p SAC Line Dancing - Dining RoomA			
19	20	21	22	23	24	25
09:30a CLOSED MARTIN LUTHER KING DAY - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	

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## January 2025 Nutrition Article

Happy New Year's friends! With a new year, we often set New Year's Resolutions & goals. Popular resolutions often include losing weight, drinking more water, and eating healthier. Here are a few tips to help you reach some nutritional goals:

- Drinking more water
  - Aim for at least 8 cups of water per day
  - Water bottles with labels can help reach intake goals
  - Setting timers/alarms for reminders to drink up
- Consuming less salt
  - Rinse any frozen and canned foods, salt is often used as a preservative. Thoroughly rinse under running water a couple of times will help to reduce sodium content
  - Keep the salt shaker off the table! We often salt our food before tasting it.
  - Look for sodium substitutes i.e. Seasoning, citrus, herbs (fresh or dry)
- Eating less saturated fat and more unsaturated fat to encourage heart health
  - Saturated fats solidify at room temperature: butter, lard, animal fat
  - Unsaturated fats remain liquid at room temperature: Oils, avocados, etc.

### Seasonal foods in January?

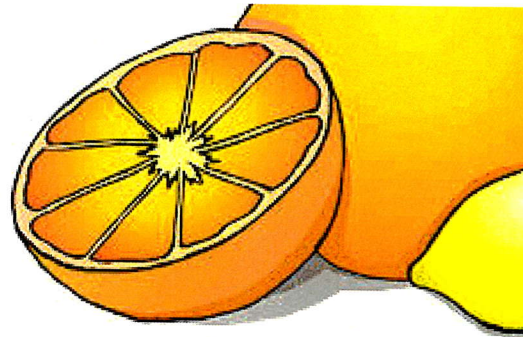
- Citrus fruits - oranges, limes, grapefruit, etc.
- Garlic, green beans, broccoli, and sweet potatoes

### Protein Packed Chili

- 1 pound ground beef, drained
- 1 can small red beans, rinsed and drained
- 1 can pinto beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 can crushed tomato
- 1 can (16 oz) tomato juice
- 1 cup water
- 1 tbsp ground chili powder
- 1 tsp garlic powder (or fresh)
- Salt and pepper to taste

Possible garnish: Corn chips, shredded cheese, onion, mustard, etc.

Brown ground beef, and drain. Return to a large pot and add in the rest of the ingredients. Bring to a low simmer for 10-15 minutes. Turn off, let cool for 5 minutes, and top with desired garnishes.



### FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. *Ask your center staff for details today!*
  - Please reach out to our site for help with the following:
    - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
    - Food resources - Food banks, pantries, programs, etc.
    - Menu planning and recipe ideas
    - Budgeting





# Toilet Talk

## Strength Training Builds More than Muscles

Most of us know that strength training (with free weights, weight machines, or resistance bands) can help build and maintain muscle mass and strength. What many of us don't know is that strong muscles lead to strong bones. And strong bones can help minimize the risk of fracture due to osteoporosis.



The good news is that research shows that strength training can play a role in slowing bone loss, and can even build bone. This is tremendously useful to help offset age-related declines in bone mass. Activities that put stress on bones can nudge bone-forming cells into action. That stress comes from the tugging and pushing on bone that occur during strength training (as well as weight-bearing aerobic exercises like walking or running). The result is stronger, denser bones.

And strength training, in particular, has bone benefits beyond those offered by aerobic weight-bearing exercise. It targets bones of the hips, spine, and wrists, which are the sites most likely to fracture. What's more, resistance workouts — particularly those that include moves emphasizing power and balance — enhance strength and stability. That can boost confidence, encourage you to stay active, and reduce fractures another way: by cutting down on falls.

Osteoporosis should be a concern for all of us. An estimated eight million women and two million men in the United States have osteoporosis. It is now responsible for more than two million fractures each year, and experts expect that number will rise.

A combination of age-related changes, inactivity, and inadequate nutrition conspire to gradually steal bone mass, at the rate of 1% per year after age 40. As bones grow more fragile and susceptible to fracture, they are more likely to break after even a minor fall, or a far less obvious stress such as bending over to tie a shoelace.



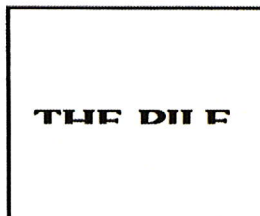
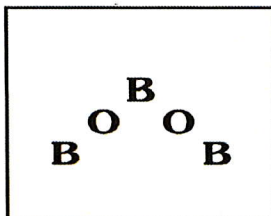
Strength training will help keep your body strong and prevent falls. Practice strength training at a Fit and Fall Proof® exercise class. Call Michelle at 208-239-5207 for class details. For more info. on strength training, visit [www.health.harvard.edu](http://www.health.harvard.edu).

### Key Principles for a Time Saving Workout

- Focus on multi-joint exercises rather than movements that target a single muscle group. These should have both eccentric and concentric (lifting and lowering, contracting and relaxing) muscle actions.
- Perform a workout that includes at least: 1 leg pressing exercise e.g. squats. 1 upper-body pulling exercise e.g. pull-up or equivalent. 1 upper-body pushing exercise e.g. bench press, push up or equivalent.
- Exercises can be performed with machines and/or free weights based on training goals, availability and personal preferences. Resistance bands can also be used. Calisthenics might be preferred by some, the same principles apply.
- Bilateral exercises, those that train both sides of the body at the same time, e.g. squat or barbell curl, save time compared to unilateral exercises, say, a single leg or bicep curl. These also allow more weight to be used.



SOLVE



SOLUTION: BOBS UP AND DOWN - THE TOP OF THE PILE

Provided by:

 Southeastern Idaho Public Health  
[siphidaho.org](http://siphidaho.org)





# 3 PILLARS CHALLENGE

MOVEMENT • PURPOSE • NUTRITION

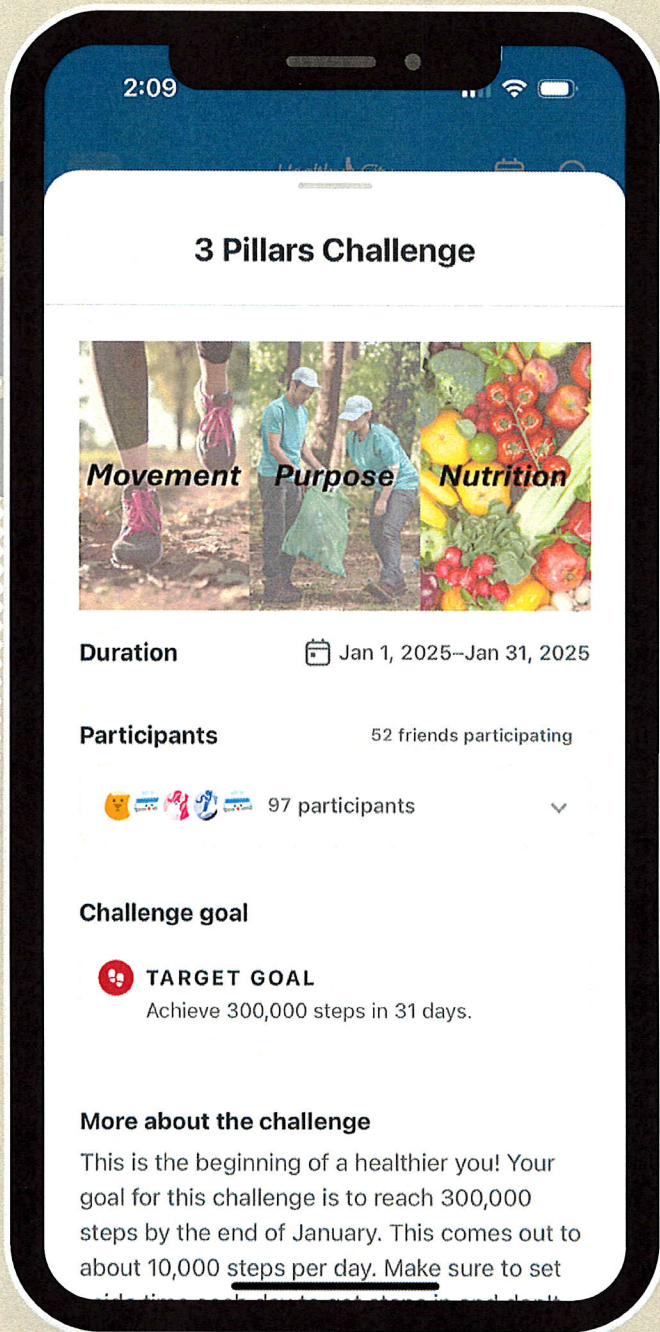
JAN 1 - JAN 31

300,000 STEPS

FREE MOVESPRING APP

3 PILLARS CONTENT  
POSTED EVERY DAY

GRAND PRIZE AND 4  
OTHER PRIZES AWARDED  
AT END OF CHALLENGE



**NEW YEAR,  
HEALTHIER YOU!**

# BORED? GAMES!

**POCATELLO'S FIRST BOARD  
GAME CAFE IS NOW OPEN!**

**THE GAMERY IS BRINGING FUN BACK TO POCATELLO!**

**COME CHECK OUT YOUR NEW HUB FOR FUN  
EVENINGS, DATE NIGHTS & GROUP EVENTS!**

**WE HAVE OVER 100 GAMES WITH MORE BEING  
ADDED REGULARLY!**

**ONLY  
\$5!**


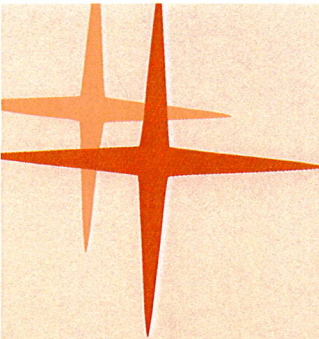
**COLLEGE LIFE HACK: STUDY BREAKS  
& CHEAP DATES AT THE PERFECT  
STUDENT HANGOUT FOR ONLY \$4!**

**PLAY YOUR WAY! CHOOSE THE \$5 DAILY PASS OR  
GO ALL-IN WITH OUR MONTHLY PASSES!  
STUDENTS PLAY FOR \$4!**



**The Gamery:  
A Board Game Cafe  
611 Wilson Ave  
Suite 3A  
Pocatello, ID 83201**

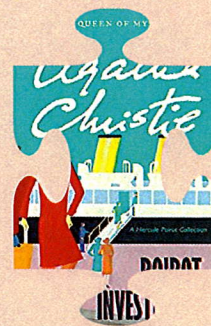
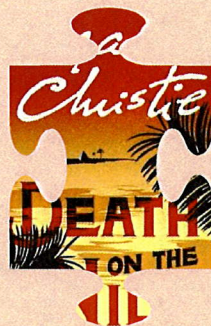
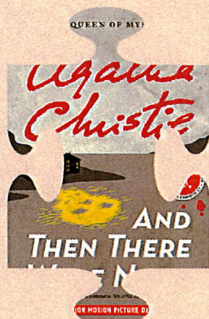
**MONDAY - CLOSED  
TUESDAY - CLOSED  
WEDNESDAY - 4PM-10PM  
THURSDAY - 4PM-10PM  
FRIDAY - 4PM-11PM  
SATURDAY - 4PM-11PM  
SUNDAY - 12PM-6PM**




# National Puzzle Day Event

MPL Exploration Center  
Thursday, January 30th  
6pm-8pm


If you enjoy jigsaw puzzles and solving mysteries,  
come join us for a puzzle mystery night.



**Marshall**  
PUBLIC  LIBRARY



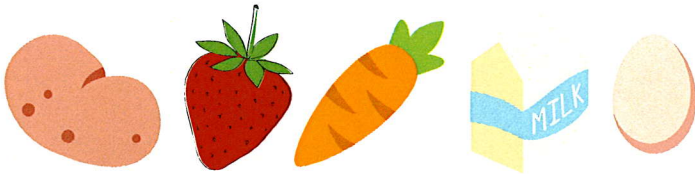
Marshall Public Library is accessible to persons with disabilities. Program access accommodations may be provided with two (2) days' advance notice by contacting Skyler Beebe at [sbeebe@pocatello.gov](mailto:sbeebe@pocatello.gov); 208.234.6248; or 5815 South 5th Ave, Pocatello, Idaho.



# NUTRITION GUIDE FOR WOUND HEALING

## HOW DOES NUTRITION HELP WOUND HEALING?

Consuming an adequate amount of calories, protein, fluid, vitamins, and minerals helps promote wound healing.



The best source of these nutrients is **FOOD**. Choose fruit, vegetables, whole grains (oatmeal, whole-wheat bread/crackers, brown rice), milk or milk alternatives, beans/legumes, and meat or meat alternatives.

## CALORIES

During the healing process, our body needs extra calories (energy).

**If your appetite is poor, eat small, frequent meals and/or snacks between meals.**

Increase your calorie intake by adding calorie dense ingredients to foods:

*Nut butter, cheese, whole milk, full-fat yogurt, cream, gravy, butter, oil, jam, jelly, mayonnaise, nuts, seeds, dried fruit, or cream-based dressing/dip*



## PROTEIN

Building blocks for body tissues (muscle, skin, bones, cartilage)

**Eat a source of protein at every meal and snack.**

Examples of protein sources:  
*Cottage cheese, eggs, chicken, fish/seafood, turkey, pork, beef, yogurt, milk, soy products (soy milk, tofu, tempeh), nuts, seeds, beans*



## FLUID

Allows for nutrients consumed in foods and oxygen to travel to areas of the body

*Fluid needs are individualized. Most adults need 9-12 cups fluid/day (1 cup from caffeinated beverages).*



### Recommended beverages

Water, milk (or nutritional supplement drinks), 100% fruit or vegetable juice, soups, unsweetened tea

## VITAMINS & MINERALS

*Vitamin A, Vitamin C, and zinc help your body repair damaged tissue and fend off infections. Eat a variety of fruits, vegetables, grains, dairy, and protein sources to meet your vitamin & mineral needs.*

## Finger Foods Diet

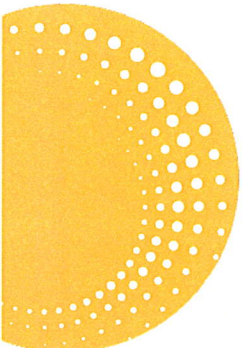


### What are finger foods?

Finger foods are food items that can be easily picked up with and held in the hand without falling apart.

### Who may benefit from finger foods?

Finger foods are often helpful for people with impaired cognitive function or motor skills. This may include those with hypermobility, a tendency to not be still/seated for long periods of time, or difficulty with the use of regular or adaptive utensils for self-feeding.



Various disease states may increase pacing, agitation, and limit focus, which can affect meal times. These disease states can include Alzheimer's Disease, Parkinson's Disease, and Dementia.

If someone is constantly getting up during meal times, needs reminders to sit down, has difficulty using utensils, refuses help with meals, tries to eat regular foods with their hands, and/or if they have shown weight loss, finger foods may be beneficial.

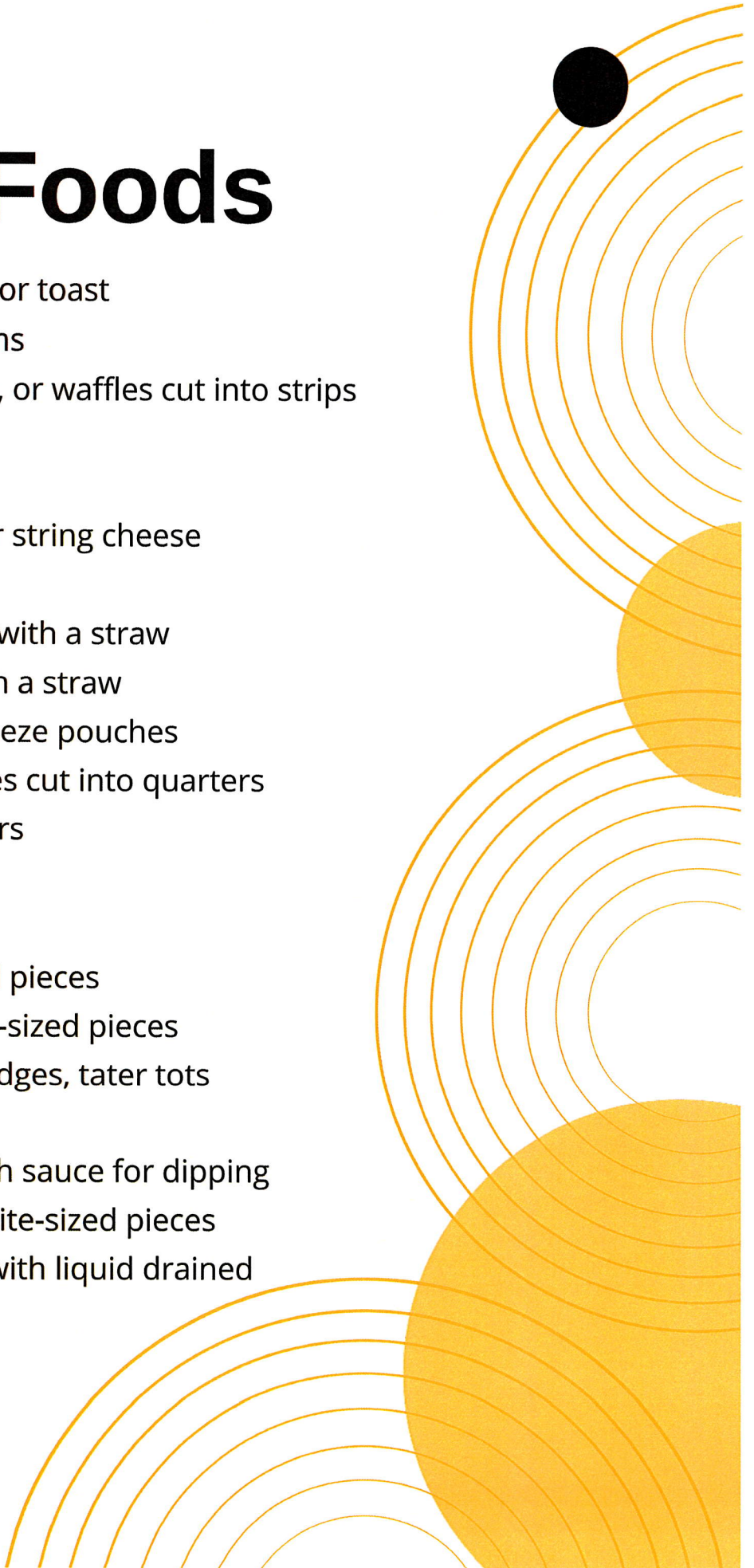


### How are finger foods helpful?

Finger foods can help improve independence, increase food/nutrient intake, reduce the risk of malnutrition, and decrease frustration at mealtimes.

# Easy Finger Foods

- Breadstick, dinner roll, or toast
- Muffins and pastry items
- French toast, pancakes, or waffles cut into strips
- Snack cakes
- Soft cookies
- Cheese cubes, slices, or string cheese
- Ice cream sandwiches
- Milk beverage in a cup with a straw
- Smoothies in a cup with a straw
- Yogurt drinks and squeeze pouches
- Burgers and sandwiches cut into quarters
- Chicken nuggets/tenders
- Fish sticks
- Hard-boiled egg
- Pizza cut into bite-sized pieces
- Quesadilla cut into bite-sized pieces
- French fries, potato wedges, tater tots
- Soup in a mug
- Ziti and small pasta with sauce for dipping
- Cooked vegetables in bite-sized pieces
- Fruit bite-sized pieces with liquid drained



# HIGH-CALORIE FOODS

## THAT HELP PROMOTE WEIGHT GAIN

### Nut Butter

Add to bananas, apples, crackers, yogurt, pancakes, waffles and oatmeal.

### Dried Fruit or Nuts

Add dried fruit to oatmeal or cereal. Add nuts to salads.

### Olive Oil or Butter

Add olive oil or butter to vegetables, potatoes, pasta, meats, beans, salads, and soups.

### Chia, Pumpkin and Flax Seeds

Add seeds to oatmeal, cereal, yogurt, salads, soups, or homemade granola bars.

### Avocado

Add to salads, toast, sandwiches or eggs. Pair guacamole w/ vegetables or chips/crackers.

### Jams, Jellies, Apple Butter, Honey or Maple Syrup

Add to food of choice.

### Chicken or Tuna Salad

Enjoy chicken or tuna salad sandwiches or pair with crackers. Choose tuna packed in oil.

### Full-Fat Yogurt, Cottage Cheese, Cheese, Cream Cheese or Milk

Use whole milk, whipping cream, or half and half in coffee. Add cheese to pasta, salads and sandwiches.

### Grains or Starch

Enjoy a sweet or white potato or 1/2 cup of brown rice, quinoa, pasta, or mashed potatoes with your meal. Add granola to yogurt or milk.

### Hummus or Cream-Based Dip

Dip chips, crackers, or vegetables.

### Cream-Based Soups

Add half and half, Greek yogurt, sour cream, or whole milk to broth-based soups.

### Smoothie or Milkshake

Smoothie: Fruit, spinach, whole milk, Greek yogurt, nut butter, chia seeds / Milkshake: Whole milk, ice cream, nut butter, chocolate syrup

### Snack Ideas

Greek yogurt w/ berries and granola

Homemade granola bars

Bananas w/ peanut butter

Cottage cheese w/ fruit or tomatoes

Apple slices w/ caramel dip

Bagel w/ cream cheese

Homemade peanut butter crackers

Grilled cheese sandwich

Chicken or cheese quesadilla

# PREBIOTICS & PROBIOTICS

## HEALTHY GUT = HAPPY DIGESTION

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### HOW TO LESSEN AND IMPROVE THE SIDE EFFECTS OF ANTIBIOTICS

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Antibiotics help treat infections. You may experience some side effects when you take antibiotics: poor appetite, altered taste, difficulty swallowing, nausea, vomiting, diarrhea.

Antibiotics destroy bad bacteria and good bacteria in your gut. In order to build up your immune system and decrease the risk of antibiotic-associated side effects, you need to replenish your good bacteria in the gut by eating foods and drinks containing probiotics and prebiotics.

**It is best to take probiotics a few hours after antibiotics** to prevent antibiotics from killing the good bacteria in the probiotics.

## PROBIOTICS

LIVE, HEALTHY BACTERIA

Yogurt \*  
Greek yogurt\*  
*(higher in protein)*  
Kefir  
Sauerkraut  
Kimchi  
Kombucha *(fermented tea)*  
Tempeh  
Probiotic supplement

\*look for yogurt with live active cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, L. Plantarum, Bifidobacteria]

## PREBIOTICS

FOOD FOR PROBIOTICS TO FEED  
BACTERIA IN YOUR GUT

Bananas  
Oatmeal  
Brown rice  
Whole-grain dry cereal  
Quinoa  
Raw garlic  
Onions  
Leeks  
Soybeans  
Artichokes