

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Welcome to
Heart Health Month



Office of Child Nutrition

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Prebiotics and Probiotics *Create a Healthier You!*



Have you heard of prebiotics and probiotics? Do you know what they are, what foods contain them and what they do for your body? They can be taken as dietary supplements but these "nutrition boosters" are natural ingredients in everyday food.

What are prebiotics and what do they do?

Prebiotics are natural, non-digestible food components that are linked to promoting the growth of helpful bacteria in your gut. Simply said, they're "good" bacteria promoters. That's right, not all bacteria are bad! Prebiotics may improve gastrointestinal health as well as potentially enhance calcium absorption.

What foods contain prebiotics?

Prebiotics can be found in bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat foods.



What are probiotics and what do they do?

Probiotics are the "good" bacteria or live cultures just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health.

What foods contain probiotics?

Probiotics can be found in fermented dairy foods including yogurt, kefir products and aged cheeses.



Prebiotics, or "good" bacteria promoters, and probiotics, or "good" bacteria, work together synergistically. In other words, prebiotics are breakfast, lunch and dinner for probiotics, which restores and can improve GI health.

Reference: <http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-the-dynamic-duo>



Love Your Body by Eating *Red* Fruits & Vegetables



Red fruits and vegetables offer many health benefits because they have some of the following nutrients: fiber, Vitamin A, Vitamin C and lycopene. Lycopene, a carotenoid pigment that gives tomatoes their red color, is a powerful antioxidant that helps protect your body by removing toxins from the body and strengthens the immune system.

Try incorporating the following red fruits and vegetables into your meals: watermelon, strawberries, cherries, raspberries, apples, pomegranates, tomatoes, red peppers, red onions, and red cabbage. You can even get plenty of these nutrients in processed tomato products such as salsa, spaghetti sauce and ketchup.

Red Fruits & Vegetables Word Search



S T R A W B E R R I E S Y S
K E R W T A J Y S G E D R Q
S G G M A D T E L I R E D S
D N L A L P I E R V P D E X
Q X O T B R P R R P L O W B
L T P I R B E L E M T D G D
Q R M E N B A P E A E R T M
X P H Q P O D C M S N L G V
N C R S B E D O D Y Z B O V
Y M A R R W T E T E N L D N
T R Q J B J Y T R Y R P Q K

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|-------------|-------------|--------------|
| Apples | Red Peppers | Red Onions |
| Red Cabbage | Raspberries | Strawberries |
| Cherries | Tomatoes | Watermelon |