



Nourish to Flourish

A guide to support microbiome-friendly eating in South Asian foodways in Canada

The Microbiome: microorganisms (e.g., bacteria, fungi, viruses) existing in the human gut that are essential for human development, immunity, & nutrition.

Whole grains

Examples

brown or red rice, millet, bajra, jowar, sorghum
Whole grains from around the world: freekeh, quinoa, spelt, wild rice



What do they do?

- Source of fiber (1, 2)
- Lowers blood sugar (2) & cholesterol (3)
- Stimulates growth & activity of the microbiome by promoting variety & stability of good bacteria (3, 4)

Examples

Lentils, chickpeas, moth beans, horse gram, black-eyed peas, kidney beans, other pulses

What do they do?

- Source of fiber (2)
- Promotes a stable diversity of good bacteria in the microbiome (e.g. Bifidobacteria)(5,6)
- Can help to prevent diabetes (5,6)

Plant-based or lean protein



Fruit & Vegetables

Examples

Vegetables and Fruits: : cauliflower, cabbage, broccoli, amaranth, leaves, peas, long gourd, jackfruit, bitter melon, bottle gourd

OR other similar plant-based fresh foods from your culture!

What do they do?

- Source of fiber (7)
- Increases variety and stability of the microbiome that reduces growth of disease-promoting bacteria (7)
- Reduced blood sugar and fat: reduces risk of diabetes (8)

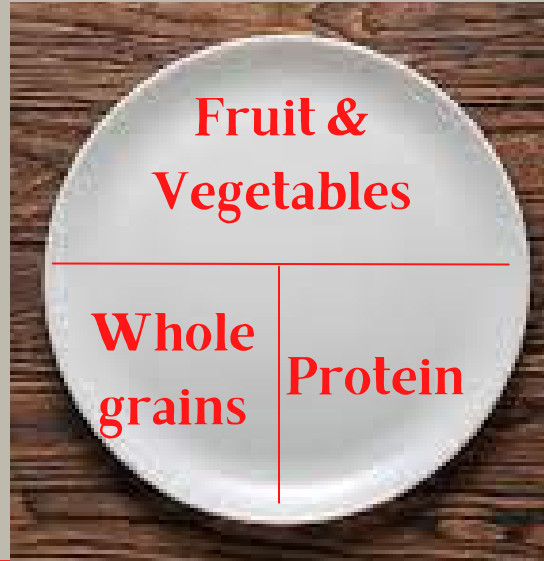


Importance of Fiber

- Nourishes the microbiome by eating from a **VARIETY** of sources
- Fuels the GOOD bacteria in the microbiome
- Lowers blood sugar, reduces Type 2 diabetes risk, and improves heart health (8)



What your plate should look like...



Extra! Extra!

- Explore **grains** that are indigenous to different regions of the Indian subcontinent, there is **so much variety to taste!** (e.g., instead of rice, try a pulao made from foxtail millet)

- **Avoid high fat**, fried foods & snacks (e.g. samosas, pakoras, chevro/chivda) and try cooking with **oils lower in fat** (e.g., olive oil).

Following a diet like this can decrease your diabetes risk by 30%...(9)

- **Drink water** instead of sugar-sweetened beverages (e.g., juice, pop) & reduce or eliminate sugar in your chai or coffee!

- **Limit dessert** intake or try sugar-free equivalent of them



*See resources provided for additional information and resources.



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For more
information &
recipe ideas, scan
the QR code to
discover some links!



Citations

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