

How a Healthy Gut Can Help with Weight Loss

Eating balanced meals and exercising can help with weight loss, but these are not the only ways to get to a healthy weight. A strong gut may also help you lose weight. Our guts have hundreds of different types of bacteria. Keeping the good bacteria healthy may be important for weight regulation. The foods we eat can feed good or bad bugs, so it is important to choose foods that are good for your gut health, such as probiotics. Probiotics are found in fermented foods, such as sauerkraut, yogurt, and kefir.

How Probiotics May Help with Weight Regulation:

- Since probiotics are found in healthy foods, they can be included in meals that follow the “healthy plate” model for weight loss
- Studies have shown that certain bacteria may signal hormones that help with weight loss
- Research has shown that probiotics may help decrease waist circumference when included in a healthy diet

Probiotics do not just help with weight loss. They are also good for our immune system and digestion. If you want the benefits of these good bacteria, give this recipe a try!

Kefir, Spinach, and Berry Smoothie

Servings: 1

Ingredients:

- ½ cup plain low-fat kefir
- 1 cup frozen spinach (or 2 cups raw spinach)
- ½ cup frozen mixed berries

Directions:

- In a blender, combine ingredients and blend until smooth.
- Enjoy as a delicious, healthy treat, that is good for your gut!