



Nutrition Education

Foods for Digestive Health



Did you know?

Aside from nutrition, managing stress and increasing exercise is beneficial to your overall digestive health.

Our digestive system is important because it helps to break down foods and drinks into nutrients. Our body then uses the nutrients to do many activities such as providing energy to helping heal wounds. Certain foods and drinks have more nutritional benefits than others. Achieving and maintaining good nutrition is a key component to managing the digestive system.

Which foods are good for the digestive system?

Focus on Fiber: Fiber helps to add bulk to stool and keep bowel movements regular.

Foods high in fiber: Oats, beans, pears, raspberries, barley, avocado, chia seeds, whole grains and more.

Water: Don't forget to hydrate! Water and fiber work together and is necessary when increasing fiber in the diet.

Probiotics: Probiotics aid in digestion and help to promote healthy bacteria in the digestive system.

Food high in probiotics: yogurt, kefir, miso, tempeh, sauerkraut, kimchi and more.

Pineapple: It contains an enzyme called Bromelain, which helps to break down proteins, therefore easing the digestion process.

Eat whole foods: Choose foods that are minimally processed such as whole fruits, vegetables, beans, lean meats, seafood, and more. Meanwhile try to avoid or limit highly processed foods that contain food additives, high in saturated or trans fats, and artificial sweeteners. Food that are highly processed have been linked to digestive disorders.



Sources: EatRight.org & EatingWell.com

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February 2023

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Mon	Tue	Wed	Thu	Fri
		1 Veggie Stir Fry+* Broccoli+ Brown Rice Fruit	Ground Hog Day 2 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+ 	3 Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice, Fruit
6 Roasted Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit	7 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit	8 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	9 Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	NEW 10 Sweet & Sour Chicken* Asian Blend Veggies Brown Rice Fruit+ 
13 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit	Valentine's Day 14 Cod w/Coconut Curry Sauce over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit Dessert 	15 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	16 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	17 Pasta w/Marinara Sauce Brussels Sprouts+ House Salad Garlic Bread Fruit
HOLIDAY 20 	21 Asian Veggie Curry* Broccoli+ Brown Rice Fruit	22 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	Nat'l Chili Day 23 Turkey Chili Vegetable Medley Salad* Cornbread Fruit + 	< > 24 Chili Verde Chicken *+ w/WW tortilla on the side Pinto Beans Corn Fruit
27 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	NEW 28 Turkey Burger on WW Bun w/Lettuce, Tomatoes, Pickles & Onions Sweet Potato Tots* Fruit+		1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day

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For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org