Looking at nutrition, we need to look at an ‘organ’ not mentioned often—the bacteria that live in our gut. The bacteria colonies that live in our gut are essential for our nourishment, regulating tissue and organ lining development, and guiding ‘innate immunity’—our first line of defense against invading organisms. We have hundreds of types of bacteria which are sensitive to the type of diet we consume. The most numerous bacteria types include those that have the ability to break down complex dietary polysaccharides (starches) which we cannot breakdown ourselves; consume simple and complex sugars; and ferment amino acids which are the building blocks of proteins. From studies to date, the diet we select to eat helps to control the type and numbers of friendly, helpful bacteria in our gut.

Diet which lead to obesity will cause an increase in certain bacteria that release endotoxins. Endotoxins cause the chronic, systemic, low-grade inflammation related to obesity. Obesity and chronic inflammation lead to diagnoses such as dysmetabolic syndrome and diabetes.

Weight loss, increased activity and a nutritious diet improve and increase the number of helpful gut bacteria. Recent studies in mice and humans suggest that the dietary inclusion of beneficial bacteria (ie, probiotic agents) with anti-obesity effects may also help to reduce body weight. A example of a pro-biotic bacteria is Lactobacillus found in culture-active yogurt.

We absorb more energy/calories from cooked and highly refined foods especially food with lots of carbohydrates. If we let machines do the digesting for us, it is not good. We are left with easily digested starches that increase glucose levels, increase weight and decrease health. 12-20 grams of resistant starches daily are suggested. This is easy if you eat plenty of whole plant foods.
Carrot Cake Oatmeal

**Makes 6 servings**

- 4 cups water
- 1 cup steel-cut oats
- 1 apple - peeled, cored, and chopped
- 1/2 cup shredded carrot
- 1/2 cup raisins
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1 pinch salt
- 1 tablespoon butter
- 3/4 cup chopped pecans
- 1 tablespoon brown sugar
- 1/2 cup plain yogurt

Bring water to a boil in a heavy, large saucepan, and stir in the oats. Reduce heat to a simmer, and cook oats until they begin to thicken, about 10 minutes; mix in the apple, carrot, raisins, cinnamon, nutmeg, ginger, and salt. Let the oats simmer until tender, about 20 more minutes.

While the oats are simmering, melt butter in a skillet over medium-low heat, and stir in the pecans. Toast the nuts until fragrant and lightly browned, 2 to 5 minutes, then sprinkle with brown sugar and stir until sugar has melted and coated the pecans.

Serve in bowls, each topped with about 2 tablespoons of the pecan mixture and a dollop of yogurt.

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**Calories**

287 kcal

**Carbohydrates**

37.7 g

**Cholesterol**

6 mg

**Fat**

13.9 g

http://nutritiondata.self.com

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**Resistant Starches**

- Unrolled, uncooked oats
- Puffed wheat cereal
- Rice square cereals
- Muesli
- Corn flake cereals
- Puffed rice cereal
- Puffed corn cereal
- Shredded wheat
- Al-Bran
- Pumpernickel bread
- Italian bread, toasted
- Rye bread
- Corn tortillas
- Sourdough bread
- Wheat pita
- Whole wheat bread
- Rolls, croissants, flour tortillas, scones
- Pearl barley
- Cooked millet
- Brown rice
- Wheat pasta
- Corn
- White beans, cooked
- Chickpeas, cooked
- Kidney beans, cooked
- Peas, cooked
- Lentils, cooked
- Bananas
- Cooked plantains
- Cooked yams
- Cooked potatoes
- Cooked & cooled yams/potatoes
- Potato chips
- Ryvita crisps/brad crackers
- Fruit-filled cereal bar
- Pretzels
- Wheat thin crackers
- Fried corn puffs
- Granola bar
- Rice cakes
- Sugar cookie

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