Gut Health: Prebiotics and Probiotics in Foods

The food we eat directly influences our gut health. Our gut microbiome, or the bacteria that lives in our gut, uses the food we eat for energy and provides a multitude of benefits. Some benefits of a healthy gut include; improved digestion, regularity, and even immune function. To improve your gut health through nutrition you can increase your consumption of probiotics and prebiotics. Probiotics are microorganisms that provide a positive outcome when we consume them and prebiotics are substances probiotics use for energy, like fiber. Increasing prebiotics is pretty simple, just aim to eat more fibrous foods such as: oats, celery, onions, and apples. Increasing probiotics may seem harder, but it doesn’t have to be. Aim to increase foods that are fermented like kimchi, Greek yogurt, kefir, and miso. If you’re still not sure the foods you buy will have probiotics in them, check the label. It is not always in the same place but the food label will have a disclaimer that says “contains live cultures” or “active live cultures”. We always recommend foods first, so try to have a probiotic food a few times a week and a prebiotic food with each meal before considering a supplement.

Specials this Week:

**Thai Bar**: Thai Green Curry Chicken, Vegetable Green Curry, Pad Thai, Jasmine Rice. Available at dinner Monday and Thursday.

**Greek Bar**: Greek Meatballs, Pastichio, Spanikopita, Gigande Beans. Available at dinner Tuesday and Friday.


**Fried Rice Special**: Vegetable Fried Rice, Roasted Fish, Tofu selection. Available at dinner Tuesday

**Vegetable Stir Fry**: Stir Fried Vegetables, Roasted Fish, Tofu selection, Rice. Available at dinner Thursday

Upcoming: Oktoberfest Dinner, October 15

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<th>Residential Dining Hours</th>
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**Weekly Menu Heilman Dining Center September 27-October 3**

### Breakfast
- Also available assorted yogurt, cereal, fresh fruit salad, whole fresh fruit, assorted juices, milks

**Sunday Sept 27**
- Continental 8:00-10:00am
  - Hard Cooked Eggs
  - Chocolate Muffins
  - Espresso Muffins
  - Sour Cream Cake Donut

**Monday Sept 28**
- Scrambled Egg
  - Hard Cooked Eggs
  - Pork Bacon
  - Turkey Bacon
  - Creamed Chipped Beef
  - Buttermilk Biscuit
  - Chocolate Chip Pancakes
  - Egg,Pork Bacon, Cheese Croissant
  - Egg & Cheese Croissant

**Tuesday Sept 29**
- Scrambled Egg
  - Western Style
  - Scrambled Eggs w/Ham
  - Pork Bacon
  - Turkey Bacon
  - Chicken Sausage
  - Cottage Fries
  - French Toast Sticks
  - Pork Bacon ,Cheese Croissant
  - Egg, Cheese Croissant

**Wednesday Sept 30**
- Scrambled Egg
  - Crab, Spinach Frittata
  - Turkey Bacon
  - Pork Bacon
  - Pork Sausage Links
  - Lumberjack Hash
  - Pancakes
  - French Toast Sticks
  - Chicken, Egg, Cheese Biscuit
  - Egg, Cheese Croissant

**Thursday Oct 1**
- Scrambled Egg
  - Hard Cooked Eggs
  - Pork Bacon
  - Turkey Bacon
  - Corned Beef Hash
  - Tater Tots
  - Blueberry Pancakes
  - Chicken, Egg, Cheese Biscuit
  - Egg, Cheese Croissant

**Friday Oct 2**
- Scrambled Egg
  - Hard Cooked Eggs
  - Pork Bacon
  - Turkey Bacon
  - Pork Sausage Gravy
  - Buttermilk Biscuit
  - Cinnamon French Toast
  - Pork Bacon, Egg, Cheese Biscuit
  - Egg, Cheese Croissant

**Saturday Oct 3**
- Continental 8:00-10:00am
  - Hard Cooked Eggs
  - Pecan Sticky Buns
  - Low Fat Blueberry Muffin
  - Sour Cream Cake Donut

**Brunch 11am**
- Scrambled Eggs
  - Hard Cooked Eggs
  - Pork Bacon
  - Turkey Bacon
  - Pork Sausage Patty
  - Wheat French Toast

### Lunch
- Also available whole fresh fruit, fresh fruit salad, assorted snacks, chips, ice cream novelties, and beverages

**Broccoli Tomato Quiche**
- Vegan Chicken Tenders
- Hashbrowns
- Baked Broccoli
- Roasted Acorn Squash

**Spider Chicken**
- Hibachi Special:
  - Hibachi Vegetables
  - Steamed Shrimp
  - Korean-style Marinated Tofu
  - Brown Rice
  - Egg, Cheese Biscuit

**Turkey Pepperjack**
- Southwest Vegetable Wrap
- Club Sandwich w/Ham
  - Vegetable Tuscan Sandwich
  - Roast Beef & Cheddar
  - Balsamic Mushroom Sandwich
  - Tuna Salad Sandwich
  - Autumn Vegetable Wrap

**Monday**
- Autumn Crunch Salad
- MTO Southwest Salad
- Mediterranean Salad Bowl
- Shaved Brussels Sprout Salad

**Menu Selections Available at Lunch and Dinner**
- Edamame Bowl
- Tuscan Salad Bowl
- MTO Fruit Salad Bowl
- Autumn Crunch Salad
- MTO Southwest Salad
- Mediterranean Salad Bowl
- Shaved Brussels Sprout Salad

**House Side Salad**
- Caesar Salad w/Kale
- Caesar Salad w/Kale
- Caesar Salad w/Kale
- House Side Salad

**Choose: Italian, Caesar, Ranch or Balsamic**
- Roman Cheese Pizza
- Roman Pesto
- Caiflower Crust
- Cheese Ball (Dinner only)
- Pasta
  - Marinara Sauce
  - Alfredo Sauce
  - Beef Sauce (lunch only)
- Stuffed Shells
  - (lunch only)
- Roman Cheese Pizza
  - Roman Supreme Pizza
  - w/pork sausage & pork/beef pepperoni
  - Vegan Vegetable Pizza
- Pasta
  - Marinara Sauce
  - Alfredo Sauce
  - (lunch only)
- Pasta
  - Marinara Sauce
  - Alfredo Sauce
  - (lunch only)
- Roman Cheese Pizza
  - Carnie Asada Pizza
  - Caiflower Crust
  - Cheese Ball (dinner only)

**Keylime Avocado Mousse**
- Cream Cheese Brownie
- Red Velvet Cupcake
- Rosemary Foccacia
- Oatmeal Raisin Cookie
  - Lime Jello
  - Blueberry Pie
  - Garlic Maraschino Roll
- Jersey Dirt Strawberry Cheesecake
  - Vegan Ranger Cookies
  - French Bread
- Lemon Cookie
  - Bar Pumpkin Pie
  - Banana Trifle
  - Parkerhouse Rolls
- Rice Pudding
  - Pineapple Upside Down Cake
  - Brownies
  - Sweet Yeast Roll
- GF Chocolate Chip Cookie
  - Mixed Berry Trifle
  - Oreo Pie
  - Garlic Bread
- Peach Pie
  - Chocolate Peanut Butter Avocado
  - Mousse
  - Sugar Cookie
  - Foccacia Bread

**Roast Turkey w/Garly**
- Bread Stuffing
- Vegan Spinach, Mushroom, Rice Casserole
- Au Gratin Potatoes
- Green Beans
- Carrots
- Fried Chicken
  - Baked Chicken
  - Fried Plant Napoleon
  - Baked Sweet Potatoes
  - Corn on Cob w/ Piquillo Cream
  - Collard Greens
  - Thai Bar featuring:
    - Thai Green Curry
    - Chicken
    - Green Vegetable Curry
    - Pad Thai
    - Jasmine Rice
- Beef Stew
  - Vegan Beef Stew
  - Roasted Garly
  - & Vegetables
  - Roasted Cauliflower
  - Green Peas
  - Spider Chicken
- Greek Bar featuring:
  - Greek Meatballs
  - Pasticio
  - Spanakopita
  - Gigande Beans

**Fish of the Day**
- Fishless Filets
- Vegetable Couscous
- Vegetable Medley
- Roasted Brussels Sprouts
- Pork Char Sui
  - Tofu Char Sui
  - Jasmine Rice
  - Sesame Turnips
  - French Green Beans
- Thai Bar featuring:
  - Thai Green Curry
  - Chicken
  - Vegetable Green Curry
  - Pad Thai
  - Jasmine Rice
- Thai Bar featuring:
  - Greek Meatballs
  - Pasticio
  - Spanakopita
  - Gigande Beans
- Parmesan Crusted Salmon
  - Vegetable Grain Burger
  - Roasted Fingerling Potatoes
  - Charred Cauliflower
  - Garlic Kale
- Greek Bar featuring:
  - Greek Meatballs
  - Pasticio
  - Spanakopita
  - Gigande Beans
- Wing Bar
  - Honey Stung Wings
  - Buffalo Wings
  - Vegan Chicken or Jalapeno Poppers
  - Carrot & Celery Sticks
  - Green Beans
- Spider Chicken
  - Hamburger
  - BBQ Burger
  - Chicken Nuggets
  - Beef Stew
  - Fried Rice Special
  - Vegetable Rice
  - Fried Fish
  - General TsO Tofu
  - Vegetable Str Fry
  - Special Rice
  - Fried Fish
  - General TsO Tofu
  - Spider Chicken

**Lunch Special:**
- Whole fresh fruit, fresh fruit selection, assorted cereal, steel-cut oatmeal milk, juice, coffee, and assorted yogurt

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**Dinner**
- Also available whole fresh fruit, fresh fruit salad, assorted snacks, chips, ice cream novelties, and beverages