



# Nourish to Flourish

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

## Whole grains

Recommendation: 1/4 plate per meal (1).

### Examples

brown or red rice, millet, bajra, jowar, sorghum

Whole grains from around the world: freekeh, quinoa, spelt, wild rice

### Evidenced-based research:

- Source of fiber (2)
- Lower glycemic load (2) & cholesterol(3)
- Prebiotic effect (3)
- Eubiosis & diversity (3, 4)

## Plant-based or lean protein

Recommendation: 1/4 plate per meal (1).

### Examples

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

### Evidenced-based research:

- Source of fiber (2)
- Prebiotic effect & eubiosis - increase Bifidobacteria & Lactobacilli gut bacteria (5,6)
- Avoids heterocyclic amines and glycan derived from red meat- promotes inflammation & type 2 diabetes (5,6)

## Fruit & Vegetables

Recommendation: 1/2 plate per meal (1).

### Examples

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

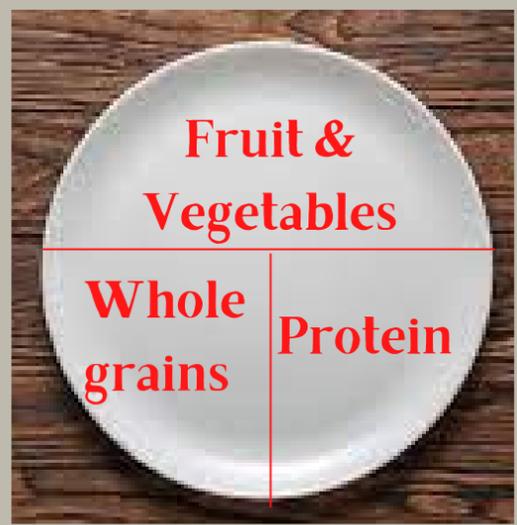
**OR other similar plant based fresh foods from your culture!**

### Evidenced-based research:

- Source of fiber (7)
- Variety promotes diversity and prosperity of the microbiome (7)
- Depresses disease-promoting bacteria (7)
- Reduces blood glucose and lipids

## Importance of Fiber

- From a VARIETY of sources (3, 8) (e.g., whole grain rotis, lentils, dhal, fruit & vegetables, nuts & seeds)
- Fuels the microbiome
- Prebiotic properties (3, 5, 8)
- Reduces the risk and incidence of Type 2 diabetes, CVD (8)



## Limit intake of unhealthy fats

- Avoid fried foods and foods made with unhealthy fats such as shortening (e.g., samosas, pakoras, chevdo/chivda, cookies)
- Better glycemic control (9)
- Regulates blood pressure, weight & insulin sensitivity (9)
- Improves cardiovascular risk factors (9)

## Reduce sugar intake

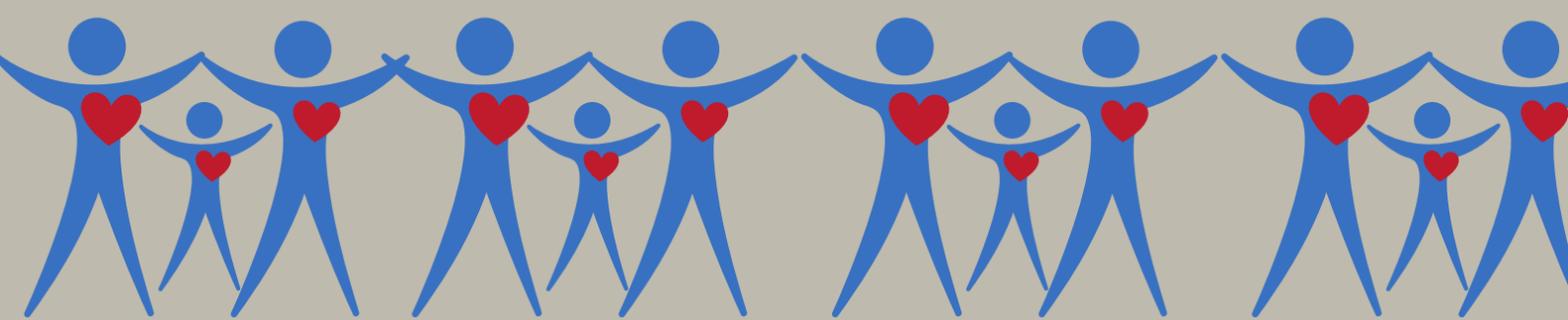
- Sugar promotes pathogenic bacteria growth, dysbiosis (10)
- Drink water before &/or with meals to increase satiety (11)
- Avoid sugar-sweetened beverages which increase glycemic load (11)
- Limit dessert intake or try sugar-free equivalent

Following a diet like this can decrease your diabetes risk by 30%...(12)



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



## References

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