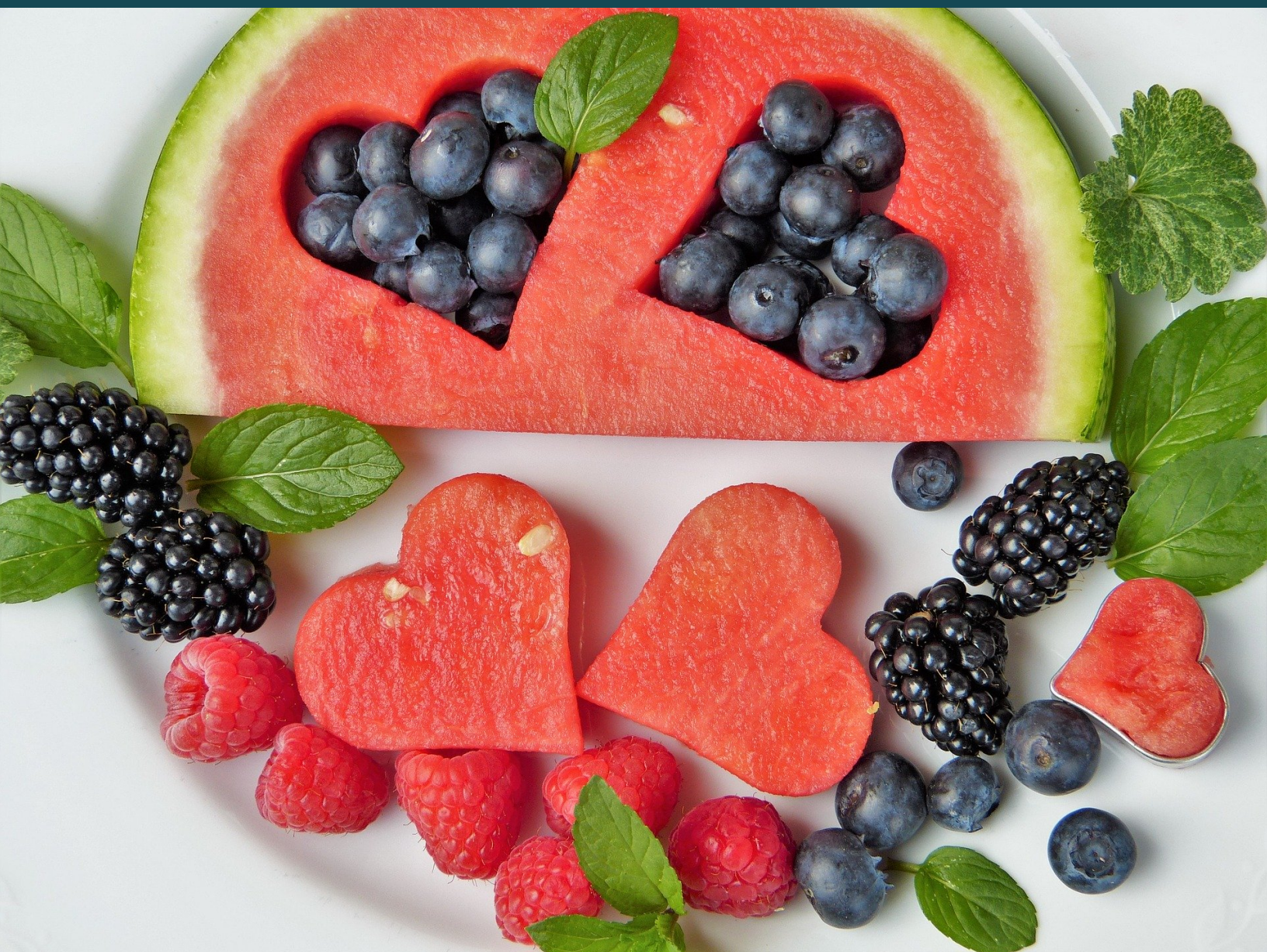


The Healthy Youth Project

BUILDING BETTER BODIES & MINDS FOR THE FUTURE

VOLUME 4



Learn about
**FOOD & ITS
BENEFITS**

Develop
**HEALTHY
HABITS**

Prepare
**NUTRITIOUS
MEALS**

The Brain & Gut Connection



Fresh Vegetables and Fruits Matter

Are you wondering what all the fuss is about eating healthy, or do you know why it is important?

Many of you have shared that there are people in your families that suffer from different health conditions. Did you know that a healthy diet could help them? Better yet, did you know how you eat not only affects your physical health, but also how you feel emotionally and how well your brain functions - how well you can focus.

DID YOU KNOW?

Food affects your mood. Have you ever eaten something then your mood changed? The right foods can lift your mood and the wrong foods can make you feel sad and decrease and limit your energy.

A candy bar can make you feel good for a short time, then leave you feeling sluggish later. Good nutritious foods can sustain your energy for a longer time. Hot chips and other junk foods eaten often may taste good but they can bring down your mood and cause many health problems.

You are in school to learn, we want to help you do it better. A diet consisting of fast foods and the lack of proper nutrition on a weekly basis, can interrupt the progressive growth of your brain. Your mental expansion, emotional and overall physical wellness are all affected by your diet. This lesson highlights the reason we are here to enhance your evolution as you mature.

The Brain & Gut Connection

Do you have any of these symptoms (This is for your information. You do not have to share the answers with us but be honest with yourself.)

Constant gas (flatulence)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Lack of daily bowel movement (elimination)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Stomach Bloating	<input type="checkbox"/> Yes <input type="checkbox"/> No

Feeling down emotionally	<input type="checkbox"/> Yes <input type="checkbox"/> No
Overall lack of energy	<input type="checkbox"/> Yes <input type="checkbox"/> No
Short attention span (hard to focus when studying or taking a test)	<input type="checkbox"/> Yes <input type="checkbox"/> No

On a weekly basis, do you have these habits?

1. Eat fast foods more than three times per week?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you eat fresh fruits and vegetables at least 4 times a week?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Is it difficult to access fresh produce in your household three times weekly or more?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you shop at the grocery store with your parents/guardian? If yes, how often? _____	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you drink sweet drinks like soda, Kool-Aid and/or sugary juices? If yes, how often? _____	<input type="checkbox"/> Yes <input type="checkbox"/> No

Take 5 minutes and discuss your answers in small groups.

Notes:

The Brain & Gut Connection



Did you know that your digestive system and your Brain are connected?

Some scientist estimate that the health of your gut impacts your mood and your immune system by up to 70 percent.

A diet high in sugar and meat and low in fresh (not canned) vegetables and fruits can cause inflammation in your body. Most diseases are associated with and usually initiated by inflammation. Fiber (root vegetables, dsa vegetables and whole grains) is an important part of keeping your gut healthy. Many fast foods, candy and some processed foods do not provide fiber. Therefore, foods can get stuck in your digestive system which causes gas and toxins. Healthy fresh fruits and vegetables not only provide fiber but also helps your body eliminate toxins.

Have you heard the words Prebiotic and Probiotic? Simply said, these are good bacteria essential for your health. Without enough of them, you can have digestive problems. These digestive problems include constant constipation which can lead to bad moods, brain fog, short attention span, low energy and over time can negatively impact your physical health. Not having enough good bacteria can stop your body from absorbing many nutrients.

Prebiotics and Probiotics are necessary for Gut health and overall health in general. Here are some foods that provide good gut bacteria and fiber:

Prebiotic Foods (they keep good bacteria alive):

1. Bananas
2. Leeks
3. Onions
4. Oats
5. Pickles (fermented food)



Probiotic Foods:

1. Green leafy vegetables
2. Nuts and seeds
3. Beans and legumes
4. Green and Black Tea
5. Sweet Potatoes (with skin on)
6. Dried Fruits
7. Pickles
8. Sauerkraut (Cabbage)
9. Yogurt (non-dairy)
10. Kimchi



Which one of theses food are you willing to try? _____

