

YOUR GUIDE TO A HEALTHY GUT WITH RECIPES INSIDE!

GET INSPIRED

by JENNY CRAIG

JULY 2020



TRY THIS

*Veggie
Power Bowl*

RECIPE ON PG 6



Let's talk Gut Health!

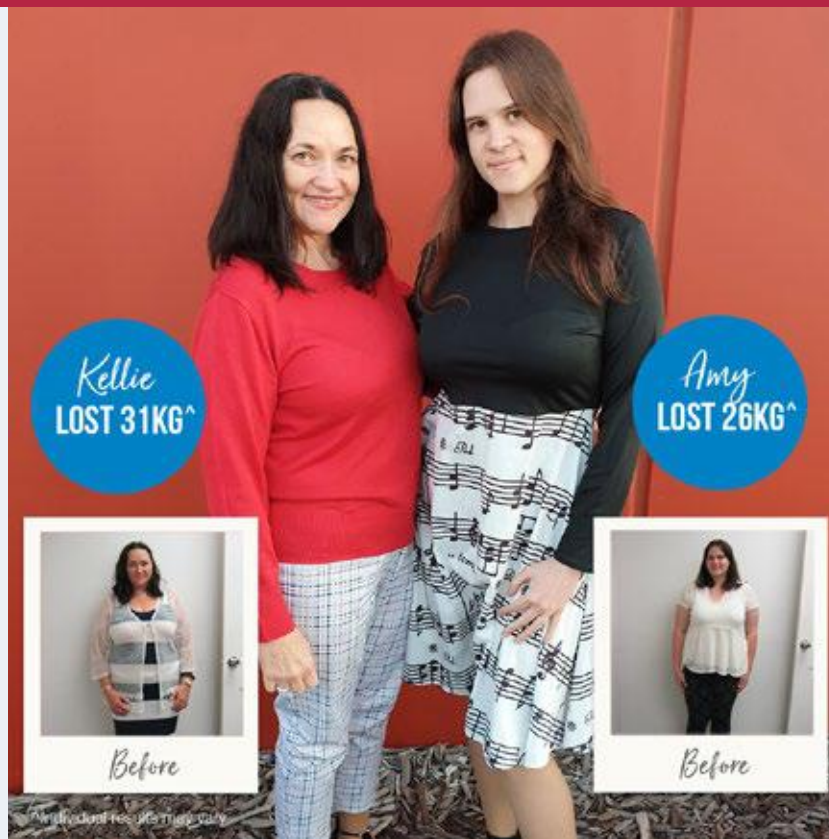
In this edition of ***Get Inspired***, we're getting to know what's going on in the gut and have your go-to gut health guide filled with everything you need to support your digestive health. There are also three delicious recipes to keep your gut in tip top form as well as an inspiring mother and daughter Success Story duo.

XX The Jenny Craig team

Kellie & Amy

THIS MOTHER AND DAUGHTER
DUO LOST A LIFE CHANGING
57KG TOGETHER AND HAVEN'T
LOOKED BACK!

SALISBURY, SA



Tell us a bit about you and what life was like before you joined Jenny Craig:

Kellie: Before joining Jenny Craig, I had tried many types of diets, diet supplements, diet pills and nothing worked. I was active, attending gym sessions weekly and working out for 30 minutes each day at home, and still no weight change. I had resigned to the fact that I would never lose the weight.

Amy: I was fairly unhappy and fed-up with food and the whole cycle. I hadn't had a lot of success with dieting and when I managed to lose a little weight it was very difficult and it would take one tiny temptation to throw me off, I would go back to that cycle of eating poorly. I was quite active so I simply could not understand why it was so hard for the weight to come off, let alone stay off. I never ate breakfast as it made me feel sick, I would eat a salad for lunch and I really didn't understand portion sizes or what was considered good food to eat.

Why did you decide to join Jenny Craig?

Kellie: My daughter Amy and I were frustrated with weight gain over the Christmas period and were very unhappy so decided to take action. I had seen the advertisements with Mel B and she looked fantastic, as I remembered seeing her before she lost weight. I asked my daughter if she would be willing to give it a try, and she agreed.

“ I feel like I am in a great place now that the weight is gone and I know I can keep it off. - Amy ”

Amy: Myself and my Mum, had spoken about our difficulties losing weight and I remember reaching the biggest weight I had ever been, over 105kg and I was just reaching that completely fed up point. Mum mentioned that she had heard about Jenny Craig and we had reached the “What have we got to lose” stage, I don't think our expectations were high but we were hopeful that maybe this time we would have success with weight loss.

“ I had seen the advertisements with Mel B and she looked fantastic. - Kellie ”

How do you feel now that you've lost the weight?

Kellie: Amazing and very healthy, it has been easy maintaining my goal weight. I now eat delicious, healthy food.

Amy: I feel like I am in a great place now that the weight is gone and I know I can keep it off. I know when I can treat myself, but in a more practical way which isn't going to cause me to stack on the weight again in the future. I feel more confident in the way I look and I feel healthier.



YOUR GUIDE TO *Gut Health*



BY LAURA FORD,
ACCREDITED PRACTISING DIETITIAN

The gut, or gastrointestinal tract, is a collection of the most fascinating organs, playing a key role in the body and is home to billions of bacteria.

- The gut digests and processes the food we eat into energy and nutrients for our cells, and efficiently removes what the body doesn't need as waste.
- It's also home to the gut microbiome, which refers to the different microorganisms including bacteria, fungi, viruses and their genetic material, that live inside our gastrointestinal tract.
- We often think of microorganisms or bacteria as the bad guys but having a diverse range of organisms in our gut can be beneficial to our health and keeping a balance of good bacteria is especially important.

With more evidence emerging about the importance of gut bacteria, it's no surprise that gut health is becoming one of the fastest growing health trends worldwide. The health of your gut and your gut microbiome can have an impact on your food cravings, how full you feel after you eat, the way your body breaks down and stores food, and it can even impact your mood and energy levels. Here we answer all your questions and give our top tips to help keep your gut happy!

What are probiotics?

Probiotics are foods that contain live bacteria that can support the beneficial bacteria that live in the gut. Probiotics can be found in a variety of fermented foods including miso, yoghurt, kefir, kimchi, sauerkraut and other fermented/pickled vegetables. You can also purchase probiotic capsules that contain a variety of different bacterial strains. However, it's best to speak to your doctor about whether to include these as it's important to get the right strain to target your own personal needs.

What are the best foods to eat to improve your gut health?

It's important to have balanced diet that includes lots of fibre, plenty of plant based foods as well as a variety of different foods. Aim to eat at least 30 different types of plant foods every week to help increase the diversity of foods your gut is exposed to. This can include things like fruit, veggies, nuts, seeds, herbs, spices, oats and wheat. Keep track of how many different types of these foods you're eating and try to increase the variety in your diet.

Why is fibre important for gut health?

Fibre is a type of carbohydrate that the body is unable to break down and digest. When we eat fibre, it passes through the small intestine, into the large intestine where it becomes food for the gut bacteria. The gut microbes eat the fibre, and it gets broken down into a range of beneficial compounds for the body. In addition to the benefits to the gut microbiome, fibre also helps to increase the size of our stools and keeps us regular.

Tips to add more fibre to your diet

- **Eat the skin on your fruit and veggies** – this is where most of the fibre can be found.
- **Switch from white bread to wholemeal/ wholegrain bread.**
- **Try adding 1 tbsp unprocessed wheatbran or oatbran** to your muesli or cereal in the morning for an extra fibre boost.
- **At mealtimes, ensure at least half of your plate is filled with non-starchy veggies** to add more filling fibre and flavour. If you're a Jenny Craig member you can find a list of non-starchy vegetables in your Grocery Guide or speak to your Consultant.

What are some other things can I do to have good gut health?

- **Ensure you're getting 7-9 hours of sleep** each night as a lack of sleep can impact your gut health.
- **Include some kind of physical activity into your day.** A simple 20 minute walk each day is enough to improve your gut health. Movement also helps to reduce constipation.
- **Manage your stress levels.** High levels of stress can negatively impact the gut microbiome. Try meditation, yoga or breathing exercises to help reduce your stress levels.
- **Drink plenty of water!** This is important to keep you hydrated and to keep everything moving, especially if you're increasing your fibre.

Can gut health impact weight loss?

There are no conclusive studies that link gut health and the gut microbiome to improved weight loss, however, consuming a balanced high fibre diet can assist with weight management. Consuming a high fibre diet is beneficial to weight loss as it helps keep you feeling fuller for longer, and high fibre foods like veggies can be lower in kilojoules.

Are there any possible side effects to a high fibre diet?

If you're moving from a low fibre diet to a high fibre diet, you may experience symptoms of bloating, wind or stomach cramps and this is completely normal as your stomach adjusts to the increased fibre. To minimise these symptoms, gradually increase your fibre intake so that your stomach adjusts accordingly.





VEGGIE POWER BOWL

SERVES: 1 PREP TIME: 10 MINS

INGREDIENTS

Jenny Craig Pumpkin Fetta and Rice Salad, thawed in the fridge overnight

- 1 cup kale
- 1 cup broccoli, chopped
- 1 tbsp sauerkraut
- 1 tbsp unsweetened pickles, chopped

For the yoghurt dressing:

- 1/3 cup plain fat free yoghurt
- 1/2 clove garlic, crushed
- 1 tbsp lemon juice
- 2 tbsp fresh parsley

METHOD

1. Prepare the yoghurt dressing by combining yoghurt, garlic, lemon juice and parsley in a small food processor and process until combined. Set aside in the fridge while you prepare the remaining ingredients.
2. Place the kale and broccoli in a microwave safe bowl with a splash of water and lightly steam in the microwave for 2 minutes.
3. Assemble by placing the thawed Jenny Craig Pumpkin Fetta and Rice Salad into a bowl and top with cooked kale, broccoli, sauerkraut and pickles. Drizzle with the yoghurt dressing when ready to serve.

Enjoy!



*Make
WITH ME*

DIETITIAN TIP



Karen Stafford, Accredited Practising Dietitian

Sauerkraut is a type of fermented cabbage that can be found in the canned vegetable or fridge section of the supermarket.



MISO VEGETABLE SOUP

SERVES 2 PREP TIME: 10 MINS

INGREDIENTS

Spray oil

1 brown onion, diced

1 clove garlic, crushed

½ tsp grated ginger

1 carrot, diced

2 mushrooms, sliced

1 cup snow peas, shredded

4 cups water

2 tbsp miso paste

1-2 spring onions and coriander,
finely chopped to garnish

Preparation time: 10 minutes

METHOD

1. Lightly spray a saucepan with spray oil and place on medium heat. When the pan is hot, add the onion and cook for approx. 3-4 minutes until the onion has softened.
2. Add the garlic, ginger, carrot and mushroom and cook for 5 minutes until the vegetables have softened and are slightly caramelised. Add water and bring it all to the boil.
3. Reduce heat to low and simmer for 25 minutes. Add the snow peas, cover with a lid and turn off the heat. Allow the soup to sit for 5 minutes before adding the miso paste.
4. Add the miso paste to the soup and stir to combine. Sprinkle with spring onion and coriander when ready to serve.

Enjoy!



DIETITIAN TIP



Karen Stafford, Accredited Practising Dietitian

Miso paste is made from fermented soybeans and is often used in traditional Japanese dishes. It's very salty, so you don't need too much, but it adds a deep savoury flavour to soups and salad dressings.



ROASTED SPICED BROCCOLI WITH VEG TIKKA MASALA

SERVES 2 PREP TIME: 30 MINS

INGREDIENTS

1 Jenny Craig Vegetable Tikka Masala, thawed
 Spray oil
 1 head of broccoli, chopped into pieces
 ½ tsp garam masala
 ¼ tsp turmeric
 Pinch of vegetable stock powder
 Pinch of pepper

METHOD

1. Preheat oven to 180°C and line a baking tray with greaseproof paper.
2. Place the broccoli onto the baking tray and spray with spray oil. Sprinkle over garam masala, turmeric, stock powder and pepper and ensure everything is evenly coated.
3. Bake in the oven for 20-25 minutes (times may vary depending on how big your broccoli is cut).
4. Remove from the oven and enjoy!

Enjoy!



DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Don't forget to use the broccoli stem! Simply chop off the rough outer skin and cut it up.

OUR MOST EFFECTIVE
PROGRAM EVER

RAPID RESULTS



RAPID RESULTS MEMBERS LOST AN AVERAGE
5KG IN THE **4 WEEKS**[#]

#Average weight loss based on Jenny Craig study was 5.27kg in the first 4 weeks for those who completed the Rapid Results Program (on the weekly Menu, with consultations), versus 3.83kg on our Classic Program.



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