GOOD FOR THE GUT

Your gut does more than digest food. It's home to trillions of microbes that play a huge role in everything from energy levels to mood to immune health. When your gut is healthy, you feel more balanced and energized.

Did you know that 70-80% of your immune cells are in the gut?[1] That makes your gut an integral part of immune health.

Your microbiome also plays a role in the health of your bones, brain and so much more. Taking care of your gut health is so important!

Among the many foods marketed as ***"good for the gut,"*** California Prunes are one of the originals. Eating them regularly can be a simple, delicious and nutritious way to help support a healthy gut microbiome.

CURRIED LENTIL, CALIFORNIA PRUNES, AND SQUASH SALAD

TRY THIS NOURISHING SALAD – IT'S A PERFECT BLEND OF FLAVOURS AND NUTRIENTS FOR GUT HEALTH.

SERVINGS: 6 | PREP AND COOK TIME: 50 MINS

INGREDIENTS:

- 1 can (540 mL) lentils, patted dry
- 2 cups butternut squash, ½ inch dice
- 1 cup California Prunes, diced
- 3 tbsp extra virgin olive oil – divided
- 1½ tsp curry powder
- 1 tsp salt – divided
- 2 tbsp white wine vinegar
- 2 tsp maple syrup
- 1 tsp Dijon mustard
- 1 tsp minced fresh ginger
- 1 clove minced fresh garlic
- 6 cups mixed greens

DIRECTIONS:

Preheat oven to 400°F. Line baking sheet with parchment paper. In a large bowl, combine lentils, squash, prunes, 1 tbsp olive oil, curry powder and ½ tsp salt. Toss to coat. Pour onto baking sheet. Roast 30-40 minutes, stirring halfway. In a small bowl, whisk vinegar, maple syrup, Dijon, ginger, garlic and remaining oil and salt. Arrange greens on large platter. Top with lentils and dressing. Toss to coat and serve.

HOW PRUNES SUPPORT YOUR GUT HEALTH

Prunes contain nutrients that support gut health, including fibre, prebiotics and antioxidants.

California Prunes for a Healthy Gut.

Visit our website at www.californiaprunes.ca

@caprunescan

california™ prunes

Prunes. For life.

YOUR GUT HEALTH DICTIONARY

To understand why prunes are so beneficial to gut health, it helps to know these terms:

- ✓ **Fibre:** A non-digested part of plant foods that promotes regularity.
- ✓ **Gut:** The gastrointestinal tract, including the stomach and intestines.
- ✓ **Gut microbiome:** The microbes (including prebiotics and probiotics) within the gastrointestinal tract.
- ✓ **Polyphenol:** A beneficial antioxidant.
- ✓ **Prebiotics:** Non-digestible ingredients that promote the growth of beneficial bacteria or other microorganisms in the gut.
- ✓ **Probiotics:** Live bacteria that are beneficial when taken in adequate amounts.
- ✓ **Sorbitol:** A natural sugar alcohol and prebiotic that has a slight laxative effect.

Prunes contain fibre, sorbitol, prebiotics and polyphenols, which support gut health and promote regularity.

BENEFITS FROM PRUNES

Prunes have a unique combination of natural compounds that work together to aid digestion, help promote regularity and support the gut microbiome. [2,3]

Fibre: A serving of about 5 prunes contains 3 grams of fibre, which is helpful for gut health and digestion.

Prunes contain both soluble and insoluble fibre:

- Soluble fibre can have prebiotic effects, which helps support the probiotics in the gut microbiome.
- Insoluble fibre helps keep things moving and clears out the digestive tract.

Prunes are considered the first choice for natural treatment of constipation. Studies show that prunes are more effective and better tolerated than psyllium fibre, which is found in bran cereal and fibre supplements.[4]

Sorbitol: Prunes naturally contain sorbitol, which is a prebiotic fibre that feeds hungry probiotics in the gut. Sorbitol in prunes ferments in the gut. This brings water into the digestive system and helps you stay regular.[5]

Polyphenols: Prunes contain the polyphenol called chlorogenic acid, which is not well absorbed by the gut. This helps with regularity.[6]

Vitamins and minerals: A 40 g serving of prunes also contain a variety of vitamins and minerals including:

- Copper
- Manganese
- Potassium
- Vitamin B6
- Vitamin K

These nutrients work together to support bone health, heart health and gut health.

Nutrition Facts

Per 5 prunes (40 g)

Calories 100	% Daily Value*
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Carbohydrate 26 g	
Fibre 3 g	11 %
Sugars 15 g	15 %
Protein 1 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 300 mg	9 %
Calcium 20 mg	2 %
Iron 0.4 mg	2 %
Vitamin K 24 µg	20 %
Copper 0.11 mg	12 %
Manganese 0.125 mg	5 %

*5% or less is **a little**, 15% or more is **a lot**

Prunes. For life.

Learn more:

[1] https://pubs.rsc.org/en/content/articlelanding/2022/fo/d2fo02273g
[2] https://journals.lww.com/ajg/fulltext/2021/06000/efficacy_and_safety_of_over_the_counter_therapies.14.aspx
[3] https://onlinelibrary.wiley.com/doi/10.1111/j.1365-2036.2011.04594.x
[4] https://www.tandfonline.com/doi/full/10.1080/09637486.2019.1600664
[5] https://www.sciencedirect.com/science/article/pii/S0261561418300037
[6] https://pmc.ncbi.nlm.nih.gov/articles/PMC8001875/