Probiotics are live microorganisms, or good bacteria that your body needs to help keep your digestive & immune systems healthy.

Your gut microbiome can be altered by:
- Poor diet | smoking | antibiotics
- Excess alcohol consumption
- Lack of sleep or activity
- Inadequate pre-biotics consumption

**Probiotics must be kept alive to be beneficial for the body.** These bacteria have a very limited life span, & struggle to survive in acidic or hot environments.

In fermented foods with **LIVE, ACTIVE CULTURES.**

Try fermented, dairy-based foods like yogurt, kefir, & aged cheese. Great source of protein & calcium | Fortified products also provide Vitamin D

May boost immunity and overall health by helping to balance gastrointestinal (GI) tract with **beneficial bacteria.**

Aid in management of **Irritable Bowel Syndrome (IBS) symptoms.**

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**WHERE** are probiotics?

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**WHAT** do they do?

- Nourish your body (and that good bacteria) by eating a variety of whole foods like fruits, vegetables, & whole grains while limiting processed foods.

**Prebiotics** are non-digestible carbohydrates that serve as food for those “good bacteria” probiotics.

**WHERE are prebiotics?**

Find them in **FRUITS, VEGETABLES & WHOLE GRAINS.**

Try bananas, onions, whole grains, asparagus, & soybeans.

Prebiotics are naturally high in fiber, which helps with:

- **GI FUNCTION | SATIETY | WEIGHT MANAGEMENT**
- & may lower your risk for **cardiovascular disease & type II DM.**

**THE BOTTOM LINE?**

While research on probiotics and prebiotics is ongoing, you can try to incorporate **fermented foods** into your routine.

By **boosting your GOOD BACTERIA,** your immune and digestive health operate efficiently.

**DON’T FORGET**

Nourish your body (and that good bacteria) by eating a variety of whole foods like fruits, vegetables, & whole grains while limiting processed foods.

Making time for **physical activity** and a **good night’s sleep** won’t hurt either!

Resources: eatright.org, USDA.