

pre & pro biotics

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.

Look for **LIVE, ACTIVE CULTURES** on the label.

Incorporate both **dairy & non-dairy fermented foods** into your routine.

This helps to diversify your diet!

SWAP IT!

Replace sour cream in recipes like tacos, baking, & dips with plain Greek yogurt for added benefits like probiotics, increased protein & lower saturated fat content.

WHERE are probiotics?

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

WHAT do they do?

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.**

You can't have probiotics without

PREBIOTICS

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!