

# Probiotics and Prebiotics - Good Gut Bacteria

Probiotics are commonly known as “good bacteria” that are found in yogurt, sauerkraut, and fermented food. These bacteria are “living” and inhabit our digestive system to aid digestion. Prebiotics are a specialized plant fiber present in plants and vegetables that cannot be digested by the human body. They are “non-living” and serve as food for the probiotics. Bacteria in the gut and probiotics need to be fed by the prebiotics to allow them to keep our digestive system healthy.

## Sources of Probiotics

- Yogurt
- Kefir
- Sauerkraut
- Kimchi
- Tempeh
- Miso soup
- Sourdough bread
- Soy beverages
- Pickles
- Cheddar, gouda, parmesan
- Quality supplements or supplements from health food store



## Sources of Prebiotics

- Asparagus
- Leeks
- Onions
- Tomatoes
- Legumes
- Garlic
- Banana
- Oatmeal
- Jerusalem artichokes
- Whole wheat foods
- Apple cider vinegar (with mother)
- Kombucha



## Why Do We Need Probiotics and Prebiotics?

Probiotics	Prebiotics
<ul style="list-style-type: none"> <li>• Help control growth of harmful bacteria in digestive system</li> <li>• Treatment of diarrhea</li> <li>• Keeps you regular</li> <li>• Reduction of blood pressure</li> <li>• Lowers risk of colon cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Source of food for probiotics in order for them to grow and survive in the gut</li> <li>• Strengthen bowel wall</li> <li>• Improve mineral absorption</li> <li>• Regulates hormone production</li> </ul>



## How to Increase Good Gut Bacteria

- ✓ Reduce intake of sugar
- ✓ Reduce intake of processed foods
- ✓ Eat more plants
- ✓ Lower stress levels
- ✓ Practice good sleep
- ✓ Consume less red meat and animal products
- ✓ Don't overuse antibiotics because they kill helpful bacteria

Remember to include food sources of probiotics and prebiotics in order to promote a healthy digestive system!

Newgent, J. (2015). Prebiotics and Probiotics: Creating a Healthier You. Retrieved from [www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-the-dynamic-duo](http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-the-dynamic-duo)