

For a healthy body we need bacteria.

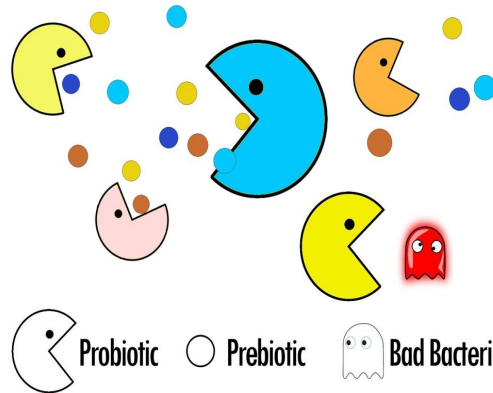
Sounds strange! But it's true! Some microorganisms in our gut help us with vital functions.



Eating recommended amounts of **vegetables** and **fermented foods** in moderation is helpful to you in many ways!

BUT!

If you have any health concerns (irritable bowel disease, immunocompromised, etc.), or are looking to use pre- and probiotics as a way to lose weight, **consult a doctor or dietitian!**

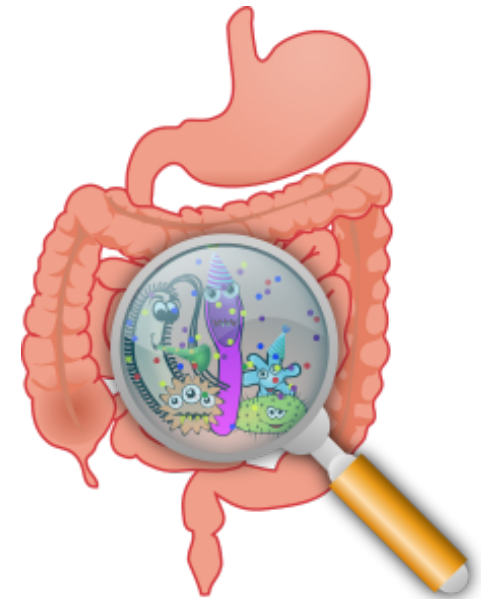


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Resources

Pandey, Kavita R, et al. "Probiotics, Prebiotics and Synbiotics-a Review." *Journal of Food Science Technology*, vol. 52, no. 17, ser. 7577-7587, Dec. 2015. 7577-7587.

Pre and Probiotics



What are **pre**biotics?

“Good” bacteria promoters

Non-digestible food ingredient that stimulates the growth and activity of bifidobacteria and lactobacilli in the GI tract.

Prebiotics selectively stimulate the growth and/or activity of some genera of microorganism in the colon

What are **pro**biotics?

“Live microorganism which when administered in adequate amounts confer a health benefit to the host.” - FDA and WHO

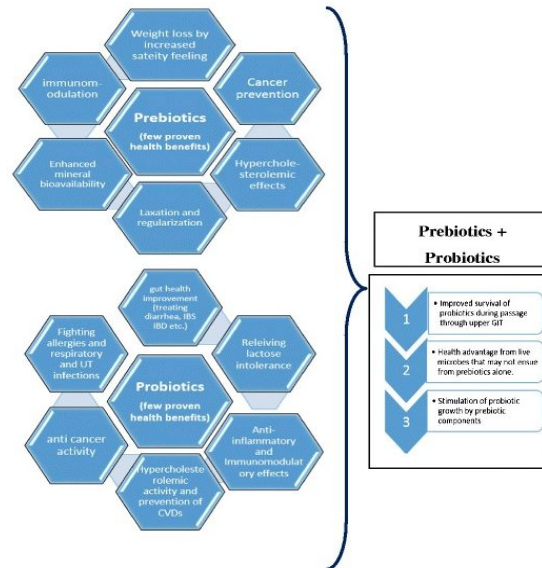
“Good” bacteria and yeasts that improves intestinal microbial balance.

SIDE BY SIDE COMPARISON	
PROBIOTIC	PREBIOTIC
A live organism	Food for the live organism
Die due to temperature, acidity, time	Not affected by temperature, acidity, time
“Used up” in the stomach and small intestine	Reaches the hind gut

Benefits of **Pre** and **Pro**biotics!

Benefits are mostly correlational in research:

- Reduced intestinal permeability
- Improved gut health
- Weight management/weight loss
- Reduced incidence of Type 2 Diabetes



What foods are **pre**biotics found in?

PREBIOTIC-RICH FOODS



Garlic, Onions, Asparagus, Bananas, Jerusalem artichoke, Apples

What foods are **pro**biotics found in?



Yogurt (containing live bacteria cultures), Kefir (symbiotic food), Sauerkraut, Tempeh, Kimchi, Miso, Kombucha, Cheese (not baked), Pickled foods

