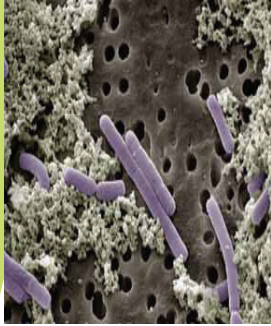


Prebiotics and Probiotics



You may have noticed more “prebiotic” and “probiotic” options on your grocery store shelves lately. Here is a little information about these products.

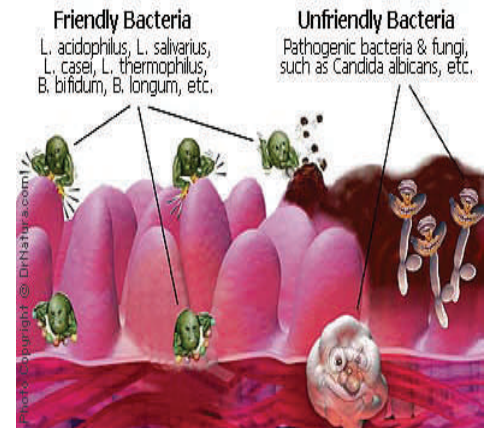
Probiotics

- Helpful bacteria added to some foods like yogurt
- Are approved by the Food and Drug Administration
- May help protect against microorganisms that cause disease
- Are sometimes found naturally in our digestive tract
- Help restore balance of beneficial bacteria in the digestive system to aid in digestion and help treat diarrhea

Prebiotics

- Edible sugar-like substances that are not broken down in the first part of the digestive tract, and act as food for the good bacteria living in the colon.
- These terms may be found on a label and indicate that prebiotics have been added or are found in food:

Oligosaccharides	Fructooligosaccharides (FOS)
Inulin	Galactooligosaccharides (GOS)
Oligofructose (OF)	



Research has found that adding prebiotics and probiotics to the diet can be beneficial to your health. They may improve nutrient absorption and enhance your immune system which can improve your body’s natural resistance to disease. It is suggested that you consult with your doctor or a Registered Dietitian before deciding to regularly supplement with probiotic or prebiotic products.

Prebiotics and Probiotics

Your questions answered

What are common names of probiotics?

Saccaromyces boulardii, *L. caseii*, *L. acidophilus*, *L. rhamnosus*

Should I take supplements of prebiotics or probiotics?

These supplements may not be federally regulated—make sure you check the packaging. Most people who generally follow a healthy diet and have no digestive problems do not require additional intake of prebiotic substances

Should I feed my baby probiotics?

There are many products on the shelves for babies that contain probiotics and these are considered safe. However, there is limited research showing significant benefits in use on normal, healthy babies. These products are most useful for babies with diarrhea or on antibiotics.

Foods you may find them in:

- Cheese
- Yogurt
- Sour cream
- Smoothies
- Cereal
- Fitness bars
- Infant formulas
- Asparagus
- Artichokes
- Soybeans
- Infant formulas

