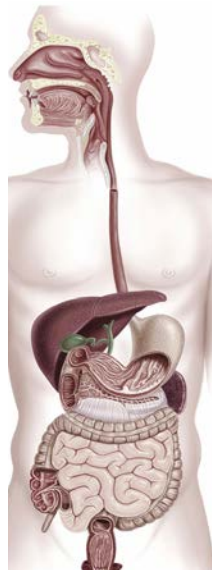


NUTRITION TO GO

GUT HEALTH: PROBIOTICS AND PREBIOTICS

What is "gut health"?

Your gut (or digestive tract) includes parts like your mouth, stomach, intestines, and bowels. This is what food travels down after being eaten. When your gut is healthy and working correctly, you are able to digest (or break down) your food completely. This helps the nutrients from food get to different parts of your body.



Why is "gut health" important?

There are many benefits to having a healthy gut. Some include:

- Better digestion
- Stronger immune system to help you fight colds and other viruses
- Less bloating, cramps, and abdominal pain after eating
- May decrease chronic disease risk, such as heart disease
- Helps your brain talk with the rest of your body, which helps you stay healthy both mentally and physically

What can you do to better your gut health?

- **Focus on food choices:** Add prebiotics and probiotics to your diet (learn more on the back).
- **Get enough sleep:** Try to get 7 to 8 hours of sleep each night.
- **Regular exercise:** Try to exercise at least 30 minutes on most days.
- **Decrease stress:** Try yoga or meditation.

Did you know?

Age, diet, environment, genes, and medication can affect your gut health.

Bacteria in our gut:

A healthy gut has more 'good' bacteria than 'bad' bacteria. 'Good' bacteria is naturally in our body and also in some foods we eat. 'Bad' bacteria and viruses can get into our bodies, and 'good' bacteria helps our bodies fight them off.

Learn how to increase the
'good' bacteria in your gut!



'GOOD' BACTERIA: PROBIOTICS AND PREBIOTICS

What are Probiotics?

Probiotics are foods that contain live, 'good' bacteria, similar to the bacteria found in your gut. Eating foods high in probiotics will improve your gut health by increasing the amount of 'good' bacteria in your gut.

High probiotic foods include:



YOGURT



KEFIR



SOFT & AGED CHEESES



TEMPEH



KIMCHI



MISO



KOMBUCHA



SAUERKRAUT

What are Prebiotics?

Prebiotics are found in foods that are usually high in fiber and help feed the 'good' bacteria in your gut. You can increase the prebiotics in your diet by eating more fruits, vegetables, and whole grains. This will improve your gut health by helping the 'good' bacteria in your gut grow!

High Prebiotic foods include:



GARLIC



ARTICHOKES



ASPARAGUS



ONIONS



LEEKS



BANANAS



BEANS



OATS & OTHER WHOLE GRAINS

Try prebiotic foods on their own, or have them with probiotic foods (for example: bananas on top of yogurt) for an extra boost of 'good' bacteria for better gut health!