



# the power of Probiotics

Humans live amongst trillions of bacteria, existing both in the world around and in us. The mighty microbes have made a recent comeback in the health and wellness world, as evident by the growing number of commercial products touting their usefulness for effortless digestion and claims of being beneficial for a multitude of gut problems.

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## WHAT ARE PROBIOTICS?

Probiotics are live microorganisms that have been marketed for their health benefits. Bacteria in our intestines help digest food, create vitamins essential for metabolism, and fight off pathogens in our intestines by stimulating the body's immune response.

## PROBIOTICS VS. PREBIOTICS

Prebiotics are non-digestible food components that promote good bacteria, while probiotics are the actual live bacterial cultures. They work together synergistically to improve the health of the gut. Prebiotics are naturally found in many foods, including garlic, bananas, apples, asparagus, and oats.

## DIETARY SOURCES OF PROBIOTICS

Fermented foods are significant sources of probiotics. Fermentation is a process in which organisms, like bacteria and yeast, convert sugars into other compounds to produce energy in the absence of oxygen. The outcome is a product with unique flavor and texture, and a longer shelf life.

- Yogurt—fermented milk
- Kefir—fermented milk drink
- Sourdough bread
- Aged cheeses—cheddar, blue, feta
- Kombucha—fermented tea
- Tempeh—fermented soybeans
- Miso—fermented ground soybeans
- Kimchi—fermented cabbage



## THE SCIENCE BEHIND THE BACTERIA

Investigators have evaluated the potential benefits of probiotics for a variety of health issues ranging from colic in infants to the common cold. Some research suggests that probiotics may be helpful in preventing diarrhea caused by infections and antibiotics. Probiotics have also been shown to decrease irritable bowel syndrome (IBS) symptoms. Despite these results, more concrete answers are needed to determine which strains of bacteria are actually causing these positive effects.



A recent study published in *Scientific Reports*, a nature research journal, earlier this year has indicated that *Lactobacillus plantarum*, a common bacteria found in yogurt and certain probiotic supplements, can decrease stress-related behavior and anxiety. Testing was performed on a selection of fish that have similar neurobehavioral responses to humans. This news is a critical step in determining types of bacteria that may be effective for different systems of the body.

### SAFETY OF PROBIOTICS



For the generally healthy population, probiotics appear to be pretty safe to use. Mild digestive symptoms, such as gas, have been observed. For individuals who are critically ill, have recently undergone traumatic stress from surgery, or those with weaker immune systems, probiotics have been linked with severe side effects, like dangerous infections. It may be best to avoid or limit the amount of probiotics ingested for these special populations.

# Grab N' Go

## Yogurt Parfait



Yogurt parfaits can be easily modified to each individual's personal taste preferences. This recipe incorporates enough whole grains and protein to provide energy to sustain you through the morning for breakfast or as a snack!

### INGREDIENTS

6 ounces plain Greek Yogurt                      1/2 cup strawberries  
 1/2 cup old-fashioned oats                        1/2 cup blueberries  
 1/4 cup sliced almonds                            1-2 tablespoons honey

### INSTRUCTIONS

Combine the Greek yogurt and honey. Mix well. Combine the oats and almonds together. Layer the yogurt mix, oat/almond mix, and fruit in a clear jar with a lid. Refrigerate overnight. Grab from the fridge and enjoy in the morning!



### Nutrition Facts

Serving Size (420g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 540	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 79g	<b>26%</b>
Dietary Fiber 12g	<b>48%</b>
Sugars 43g	
<b>Protein</b> 29g	
Vitamin A 0%	• Vitamin C 110%
Calcium 30%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	