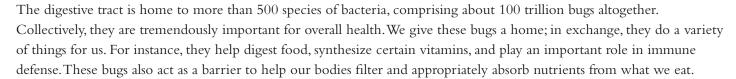


Probiotic and Prebiotic Foods



There are 'good' bugs called probiotics, which we can constantly replenish. These probiotics also need nourishing food to help them grow. Prebiotics are the fiber-rich foods that probiotics feed and grow on. As an added bonus, a compound called butyric acid is produced when the probiotics break down prebiotic foods in the colon. Butyric acid is the preferred form of fuel for the cells that line the colon, and it serves to acidify the environment as well, making it harder for harmful bacteria to survive.

Two of the main probiotic bacteria that reside in the digestive tract are *Lactobacilli and Bifidobacteria*. These can be taken in the form of supplements or included in the diet in the form of fermented (or probiotic) foods. The table below lists examples of common probiotic and prebiotic foods.

In order to maintain colonization in the digestive tract, probiotics must be taken or eaten regularly. General recommendations call for ingesting 1 to 25 billion colony-forming units (CFUs) daily. To put these guidelines into perspective, most store-bought probiotic yogurts contain about 1 billion CFUs per serving. To get the maximum benefit from fermented foods, it's important to read product labels and choose only those that contain "active, live cultures" and preferentially raw, unpasteurized, perishable ingredients. Organic brands are the best choices, as they are not typically heat-treated after fermentation, so more of the good bacteria are present. Fermented foods can also be made at home. Though the probiotic content will vary by batch, home fermenting is a safe way to ensure that you are ingesting beneficial bacteria, as various cultures around the world have done for centuries.

Probiotic Foods	Prebiotic Foods
Acidophilus milk Buttermilk Cheese (aged) Cottage cheese Fermented meats Fermented vegetables Kefir Kimchi Kombucha Miso Natto Pickled vegetables (raw) Sauerkraut	Asparagus Banana Dandelion greens Eggplant Endive Garlic Honey Jerusalem artichokes (sunchokes) Jicama Kefir Leeks Legumes Onions
Sour cream Tempeh Yogurt (plain, no added sugar, active cultures)	Peas Radicchio Whole grains Yogurt

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