

BENEFITS OF GETTING PROBIOTICS FROM FOODS

YOUR GUT IS WHERE IT ALL BEGINS

PROBIOTIC FOODS VS. SUPPLEMENTS

When you shop for probiotics, you have many choices. Probiotics come in a variety of options from probiotic foods, to beverages to supplements.

There are several reasons why probiotic foods are the preferred choice for getting probiotic bacteria:

- Probiotic foods, like dairy products, can buffer stomach acids and increase the chance that the probiotics will survive passage through the human gut.
- Fermented dairy products with added probiotics, can also be a source of nutrients that support health such as calcium.
- Probiotic supplements in the form of pills don't usually provide nutrients that some cultures produce during fermentation.
- Some individuals have trouble swallowing pills, but yogurt for example is easy and enjoyable to consume.

FINDING PROBIOTIC FOODS




Choosing probiotic foods can be a little tricky. While many foods contain live and active cultures, not all cultures are considered probiotic. Some cultures may sound similar, but they can be very different. Because the benefits of probiotics are strain specific, it is important to look for the genus, species and strains of probiotics used in each product. Some of the most common genus of probiotics to look for are:

- *Bifidobacterium*
- *Lactobacillus*

Among these genus, some of the most studied probiotic species and strains are:

- *Bifidobacterium animalis lactis* DN-173 010/CNCM I-2494
- *Lactobacillus casei* DN-114 001
- *Bifidobacterium* BB-12®*

EXAMPLES OF PROBIOTIC FOODS

<p>PROBIOTIC YOGURT</p> 	<p>INFANT FORMULA WITH PROBIOTICS ADDED</p> 
<p>DRIED FRUITS & JUICES WITH PROBIOTICS ADDED</p> 	<p>KEFIR WITH PROBIOTIC STRAINS</p> 