Probiotics and Prebiotics

The healthy bacteria in your gut helps you digest food, and synthesize some vitamins and essential fatty acids. **Probiotics** help the healthy bacteria to thrive. **Prebiotics** are nondigestible substances that feed the probiotics, helping them to thrive in the gastrointestinal tract. Research shows probiotics to be beneficial, especially in our industrialized American diets that include processed and prepackaged foods.

**Benefits of Probiotics/Prebiotics**

- Synthesize vitamins (particularly the B vitamins)
- Improve immunity (approximately 60% of your immune cells are found in the intestine)
- Decrease allergies (particularly in regard to skin reactions, such as dermatitis or eczema)
- May decrease the risk of developing dental caries
- May speed recovery from bacterial vaginosis
- May lessen the problems associated with inflammatory bowel disease such as ulcerative colitis and irritable bowel syndrome
- Seem to help people with lactose intolerance digest dairy products more easily
- May improve cholesterol levels
- May decrease the risk of colon cancer
- May help people suffering from diarrhea associated with antibiotic usage or acute illness
- Enhance mineral absorption, particularly calcium, iron, and magnesium, possibly decreasing the risk of osteoporosis development.

<table>
<thead>
<tr>
<th>Foods containing probiotics</th>
<th>Foods containing prebiotics</th>
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</thead>
<tbody>
<tr>
<td>Yogurt</td>
<td>Oatmeal</td>
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<tr>
<td>Miso</td>
<td>Onion</td>
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<tr>
<td>Buttermilk</td>
<td>Garlic</td>
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<tr>
<td>Kefir</td>
<td>Leeks</td>
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<tr>
<td>Soy sauce</td>
<td>Legumes</td>
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<tr>
<td>Cottage cheese</td>
<td>Asparagus</td>
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<tr>
<td>Tempeh</td>
<td>Leafy greens</td>
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<tr>
<td>Fresh sauerkraut</td>
<td>Berries</td>
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</tbody>
</table>

Pasteurization kills probiotics, but many fermented-food manufacturers add them back into the food. No strict labeling guidelines exist for probiotic-containing foods at this time. The dose needed for probiotics varies widely, depending on type and formulation. Not all probiotics consumed will survive. It is helpful to consume prebiotics with probiotic foods.

Choose supplements with two billion microorganisms. Check how it needs to be stored, whether refrigerated or room temperature. Also look to see if it is viable only at the time of production, or until the end of the shelf life.
EWG's 2011 Shopper's Guide to Pesticides in Produce™

**WORST**
1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines
7. Grapes
8. Sweet bell peppers
9. Potatoes
10. Blueberries
11. Lettuce
12. Kale/collard greens

**DOMESTIC**

**BEST**
1. Onions
2. Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

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Trade in the bad fats
Replace with the Good fats

Bad fats

Ice cream – 16 g /cup
Pastries – 10 /per
Hot dogs – 17 g
Brats – 20 g
Cheese – 9 g /oz
Sausage – 19 g /svg
Bacon – 5 g
Chips – 10 /oz
Fast food – 50 g
Fries – 22 g
Snack cakes – 10 g
Candy bars – 15 g
Mayo/Salad Dressings – 11 g /T

Good Fats

Monounsaturated Oils (Lower your Cholesterol)

- Avocado
- Olives/olive oil
- Nuts and seeds
- Natural peanut butter

Good Fats~Omega~3 Fats (Lower your Risk)

- Fish/fish oil
- Flax/Flaxseed oil

Limit total fat to 40-50 grams/day