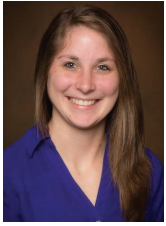


PREBIOTICS VS PROBIOTICS



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Prebiotics and probiotics both support the body in building and maintaining a healthy colony of bacteria and other microorganisms which support the gut and aid in digestion. You might be wondering what the difference between a prebiotic and a probiotic is. Let me explain.

Prebiotics are a type of fiber that the human body cannot digest and act as food for probiotics. Probiotics are tiny living microorganisms, including bacteria and yeast that are intended to maintain or improve the “good” bacteria (normal microflora) in the body. Thus, the difference between probiotics and prebiotics is that probiotics are live beneficial organisms, and prebiotics are the food that they need to survive. Just like humans, bacteria need food to survive and different types of foods fuel the growth of different types of bacteria.



Here's what you can do to support your microbiota:

- First, let's define Microbiota: the sum total of all the “good bacteria” present in your body. This profile of bacteria is unique only to you.
- Eat foods that contain probiotics: sauerkraut, yogurt, kefir, pickles, kombucha, tempeh, and other fermentable foods.
- Eat foods that contain prebiotics: whole grains, bananas, leeks, asparagus, onions, garlic, soybeans, artichokes, etc.
- Eat a balanced diet: Everything you eat has an effect on the types of bacteria present in your gut. Eating a variety of foods will help ensure that you have a good balance of different types of beneficial bacteria in your gut

Should I be taking a prebiotic or probiotic supplement?

- For most healthy people, there is no need to take prebiotic or probiotic supplements. A healthy balanced diet including fruits, vegetables, whole grains, and fermented foods makes it possible for you to get sufficient prebiotics and probiotics in your diet without the use of supplements.
- There may be times when a supplement can be beneficial, however, always check with your doctor or registered dietitian before adding any sort of supplement to your diet.

