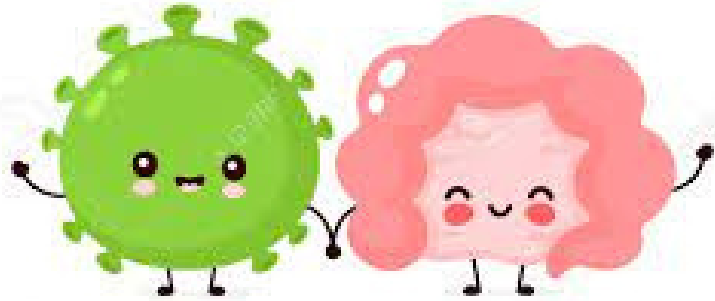


Probiotics

What are probiotics?

Probiotics are a variety of live microorganisms and yeasts that naturally live in your body. They are part of your microbiome, and work to keep you healthy. For example, probiotics help digestion, regulating “bad” bacteria, create vitamins, and absorb medications.



What foods have probiotics?

There are many probiotic-rich foods that you can add to your diet at each meal. There are beverages that also contain probiotics. Examples include:

- Yogurt
- Kefir
- Sauerkraut
- Kombucha
- Miso
- Some cheese
- Soybeans
- Kimchi
- Pickles
- Green peas
- Olives
- Cottage cheese
- Sourdough
- Dark chocolate
- Natto
- Tempeh

What are probiotics vs. prebiotics?

Probiotics are beneficial bacteria. Prebiotics are the food source for these bacteria. Prebiotics come from different types of carbs, primarily fiber, that we cannot digest. Examples of foods high in prebiotic fiber include almonds, bananas, whole grain wheat, cabbage, artichoke, asparagus, honey, oat, beans, soy, onion, apples, and more.

Where can I learn more about prebiotics?

You can learn more on these websites:

- WebMD - <https://www.webmd.com/digestive-disorders/prebiotics-overview>
- NIH - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6463098/>
- U-Mass - <https://www.umassmed.edu/nutrition/ibd/ask-Nutritionist/prebiotics-what-where-and-how-to-get-them/>