

# What about probiotics/prebiotics?

Probiotics and prebiotics are hot topics in nutrition, and although they sound similar they play two very different roles.

Probiotics are found in the form of fermented foods, supplements, and soil. They are beneficial bacteria that help maintain a healthy gut as discussed earlier. On the other hand, prebiotics are the food source for those beneficial bacteria.

Here are some food examples listed below:

## Probiotics:

### Beneficial bacteria for your belly

#### "Eat your bugs"

- Sauerkraut
- Kefir
- Greek yogurt
- Kombucha
- Miso paste
- Pickled veggies
- Kimchi
- Tempeh

## Prebiotics:

### Fiber food for those bacteria

#### "Eat your bugs food"

- Various high fiber grains such as wheat, rye, barley, oats, buckwheat, quinoa, raw millet, flour corn, amaranth, sorghum, etc.
- Beans, lentils, seeds
- Various vegetables
- Various fruits

Research tells us there are many health benefits of probiotics - they help aid in digestion, prevent overgrowth of bad bacteria, and reduce digestive issues.



## How can you tell if you are experiencing signs of an unhealthy gut?

Only YOU truly understand how your body works on a day-to-day basis, so you're the best advocate for when your body seems off balance. Here are some signs/symptoms that you may experience if your gut is not healthy:

- Bloating
- Abdominal pain/distension
- Excessive gas
- Diarrhea/loose stools
- Constipation
- Irregular bowel movements
- Nausea/Vomiting
- Stomach pain
- Heartburn
- Changes in mood
- "Brain fog"
- Food intolerances
- Unintentional weight changes

The signs/symptoms named above are common with other health issues and do not diagnose or confirm you have a digestive disorder/disease. But, they can help you become more aware of any symptoms your body may be experiencing and it's important to be mindful of these. If you are experiencing any of these, try incorporating some of the foods labeled above!

