

PREBIOTICS VS PROBIOTICS: LISTEN TO YOUR GUT!

Have you ever heard the phrase “listen to your gut?” Research has illustrated that your brain communicates closely with your gut, so listening to your “gut feeling” goes beyond just the saying. A healthy gut equals a healthy mind. We know to maintain a healthy body it’s important to eat a diet rich in fruits, vegetables, lean proteins and healthy fats, but to maintain a healthy gut it’s important to eat foods that contain prebiotics and probiotics.

PREBIOTICS

Naturally occurring carbohydrates that are not digestible, but feed healthy bacteria already in our gut! Promotes growth of “good bacteria” that helps with digestion, regularity and increases absorption of vitamins and minerals.

FOOD SOURCES



PROBIOTICS

Live “good bacteria” that the prebiotics feed, are naturally found in the lining of our gut. Taking in sources of fermented foods with live cultures can help repopulate or change the balance of the bacteria. Having high amounts of these “good bacteria” aids in digestion and can help maintain a healthy immune system.

FOOD SOURCES



The Dynamic Duo:

Prebiotics and probiotics work synergistically, meaning they work together. Taking in food sources that provide both prebiotics and probiotics will make a healthier gut and a healthier you!

Examples:

Yogurt topped with banana, whole grain brown rice with kimchi or miso roasted asparagus

Created by Jillian Kaye, MS, RDN in association with Bright Healthy Smiles