

PREBIOTICS & PROBIOTICS: WHAT'S THE DIFFERENCE?

WHILE SIMILAR, PREBIOTICS AND PROBIOTICS PLAY A DIFFERENT ROLE IN BALANCING YOUR DIGESTIVE SYSTEM (OR GUT) AND MAINTAINING GOOD HEALTH.

Probiotics are beneficial bacteria found in certain foods and supplements that, when consumed, reside in your digestive system.

Prebiotics are food for these beneficial bacteria; they're a type of fiber found in vegetables, fruits, and legumes that humans can't digest.



GOOD GUT BACTERIA: WHY YOU NEED IT

Pre & probiotics support a healthy digestive tract, or gut, full of good bacteria. Here's why that's important.

PROTECT Good gut bacteria helps to keep bad gut bacteria in check, and may reduce the risk of Crohn's disease, IBS, and even cancer.

STRENGTHEN Good gut bacteria can help to balance immune responses, making your immune system stronger (which means fewer sick days).

REGULATE Good gut bacteria helps to regulate the gut, protecting it from unwanted inflammation that can lead to a host of other issues like constipation, nausea, and fatigue.



ADD THESE TO THE MENU...

PREBIOTICS

- Legumes, beans, and peas
- Asparagus
- Leeks
- Onions
- Garlic
- Bananas
- Berries
- Oats

PROBIOTICS

- Yogurt
- Kefir
- Sauerkraut*
- Kimchi*
- Some pickled vegetables*
- Miso soup
- Kombucha

**Make sure these are non-pasteurized, as pasteurization kills the bacteria*

For more information on other health topics, visit www.sarahbush.org/infographics.