



# Probiotic

PROBIOTIC

In order to experience this benefit, a vast quantity of food containing probiotics would need to be consumed. It is therefore easier and more effective to take a recommended probiotic.

Examples of dairy products that contain probiotics include:

- ▶ Aged cheeses, such as cheddar, gouda, or mozzarella
  - ▶ Kefir, a probiotic milk drink
- ▶ Traditional buttermilk (must not be cultured)
  - ▶ Yogurt

Not all foods must be dairy to contain probiotics. Examples of other probiotic foods include:

- ▶ Non-dairy yogurts
- ▶ Fresh, sour dill pickles
  - ▶ Kimchi
- ▶ Kombucha, a fermented tea
  - ▶ Miso
- ▶ Natto, a food made from fermented soybeans
  - ▶ Sauerkraut
- ▶ Tempeh, a popular meat substitute
  - ▶ Water or brine-cured olives



## ▶ The risks of probiotics ◀

Generally, probiotics are safe for healthy individuals, however those with a compromised immune system may be at risk and should seek advice from a specialist dietitian or GP before starting.

## ▶ The effect of food on the gut microbiota ◀

The food you eat plays an important role in the balance of good and bad gut bacteria. For example, a high sugar and high fat diet negatively influences the gut bacteria and may contribute to insulin resistance and other conditions. Once you regularly feed the wrong bacteria, they're able to grow faster and colonize more easily, without as many helpful bacteria to prevent them from doing so. Harmful bacteria and less healthy gut flora has also been associated with higher body mass index (BMI).



## ▶ Probiotic ◀

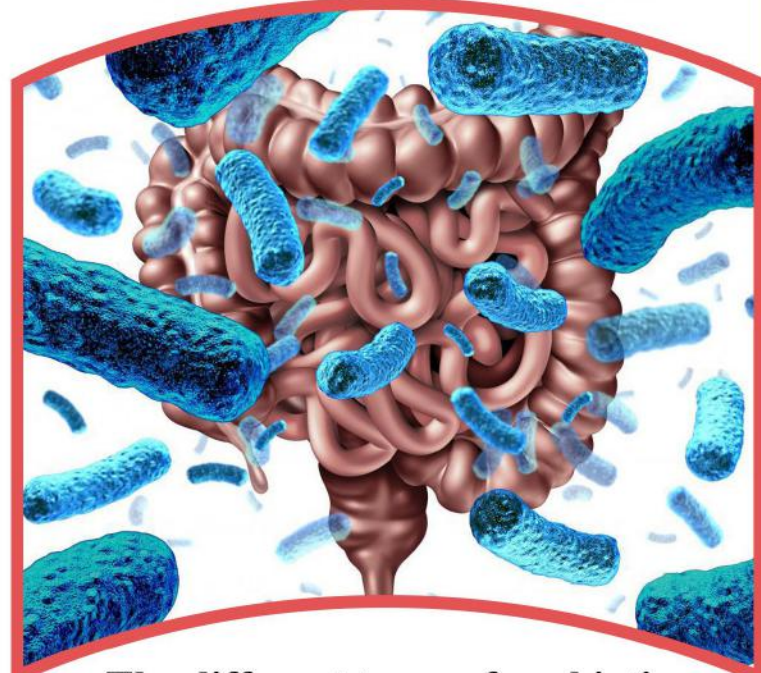
Probiotics are living organisms that are found naturally in foods such as yogurt, kimchi, sauerkraut, miso and kefir. They are known as ‘good’ or ‘friendly’ bacteria as they compete for space and food against harmful bacteria and prevent them from settling in the gut.

## ▶ Probiotic foods ◀

While there are several different classes and types of probiotics, some of the most common include:

- ▶ Bifidobacterium
- ▶ Lactobacillus
- ▶ Saccharomyces boulardii, which is a type of yeast

Food manufacturers may also call probiotics “live culture” or “active cultures.” Many fermented products contain probiotics, which means the bacteria in them are still living. Often, the food production process destroys living bacteria. If a product is available on a shelf and is not refrigerated, it may not contain live and active probiotics.



## ▶ The different types of probiotics ◀

There are numerous types of probiotics and each has different characteristics.



They may be combined with others or appear on their own in powder, tablet or liquid dietary supplements. At the moment, foods that naturally contain probiotics are not eaten regularly in the UK and supplements are becoming more popular. The most common probiotics include lactobacillus acidophilus and bifidobacterium. These differ as they are made up of different types or strains of bacteria, and are recommended for different clinical conditions. Lactobacillus acidophilus have been clinically shown to lower the incidence of antibiotic-associated diarrhea and can also result in a shorter length of stay in hospital for some.