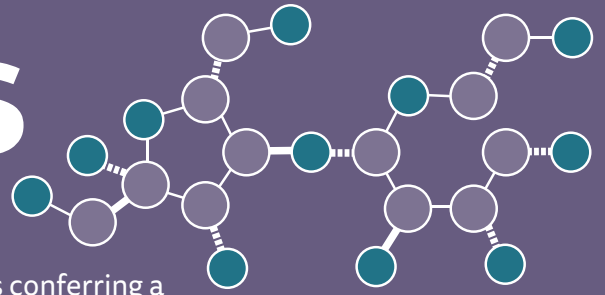


# Prebiotics



## What are prebiotics?

Substrates that are selectively utilized by host microorganisms conferring a health benefit. Simply put, they are food for beneficial microbes that live on or in us.

## Prebiotic facts

- Prebiotics provide health benefits by specifically altering either the composition or function of the gut microbiota.\*
- Prebiotics can be found naturally in foods, and are added to some dietary supplements and foods, including foods for infants.
- Most prebiotics are dietary fibers, but not all dietary fibers are prebiotics.
- As with dietary fibers, some gas or bloating can result from too much prebiotic. Start with small amounts and allow your gut to adapt.

\* The human digestive tract contains 100 trillion bacterial cells. These bacteria, termed our intestinal microbiota, are important to our health.



### What do you look for on the label?

The word 'prebiotic' is seldom used on the label. Look for:

- Galactooligosaccharides (GOS)
- Fructooligosaccharides (FOS)
- Oligofructose (OF)
- Chicory fiber
- Inulin

## Prebiotics for your health

Prebiotics have the potential to:

- Improve digestive function (bowel regularity)
- Support the body's natural defenses
- Improve mineral absorption
- Help regulate your desire to eat, energy balance, and glucose metabolism

## Prebiotics in food

Some prebiotics (oligofructose and inulin) can be found in onions, garlic, bananas, chicory root, Jerusalem artichokes, but typically are present at low levels. To increase your daily intake, include prebiotic supplements or foods with added prebiotics as part of your diet.



Prebiotics may be added to yogurts, infant formula, cereals, breads, biscuits/cookies, desserts or drinks. Try to get at least 5 grams of prebiotics in your diet every day. Eating whole grains, fruits and vegetables, and other fiber-rich foods can help.

## Prebiotics in mother's milk

Human milk provides a rich source of prebiotics to the nursing baby. They support infant's health by encouraging beneficial gut microbes.