

PROBIOTICS:

[THE BACTERIA YOU REALLY WANT TO EAT]



Its Goodness

While it may seem strange that eating bacteria is good for you, probiotics really are friendly bacteria! These tiny organisms are eaten and grow in the colon. They then help balance the good and bad bacteria. Having probiotics on a daily basis can increase the health of your gut through better digestion, decreased IBS symptoms, and decreased inflammation. They also help decrease cases of diarrhea and other infections in the body by helping the immune system.

What to Eat

- Yogurt
- Cheese
- Milk
- Kefir
- Kimchi
- Tempeh
- Supplement



How Much to Eat

There is no set amount of probiotics needed in a day. But here are some pointers:

- Following Canada's food guide recommends 2-3 servings of milk products/ day which will give you probiotics in each serving!
- Choose foods that have extra probiotics added
- Consider a supplement (discuss with healthcare professional first)

TIPS TO ↑ PROBIOTICS

- ✓ Choose yogurt that has additional probiotics added to it
- ✓ Non-digestible fibre acts as food for probiotics. Eat oatmeal, flaxseed, onion, garlic and asparagus to nurture your good bacteria.
- ✓ Try new food sources like kefir and kimchi to jazz up your diet
- ✓ Use yogurt and milk in a tasty smoothie if you don't like them on their own
- ✓ Drink milk instead of fruit juice with a meal to get in a serving of dairy- with probiotics!

