WHAT ARE PROBIOTICS AND PREBIOTICS?

Probiotics are live microorganisms naturally found in your gut. They are natural nutritional boosters that offer a range of health benefits. Prebiotics on the other hand are the natural non-digestible food components linked to promoting healthy bacteria in your gut. Prebiotics are the probiotic promoters or the fuel for good bacteria similar to how gas fuels an engine. They help manipulate the microbiome to support gastrointestinal health.

MAXIMIZING HEALTH BENEFITS OF PROBIOTICS AND PREBIOTICS

Probiotics: They help repopulate bacteria to balance the gut flora. Probiotics may boost immunity, and overall health.

Foods: Fermented dairy foods including yogurt, kefir products and aged cheeses. Non-dairy sources include kimchi, sauerkraut, miso and tempeh.

Prebiotics: Remember not all bacteria is bad! Prebiotics are good bacteria promoters. They may improve GI health and the absorption of calcium. Prebiotics are naturally occurring in plant foods and many high fiber foods also serve as prebiotics.

Foods: Fruits, vegetables, whole grains, bananas, onions, garlic, leeks, asparagus, artichokes, and soybeans.

Synergistically: Prebiotics and probiotics have a role to play in altering the gut microbiota. Good bacteria can be added into the diet via probiotics, and prebiotics can stimulate the natural increase in good bacteria in the gut. The greatest benefit is when both prebiotics and probiotics are consumed together which is referred to synbiotics. Some examples of synbiotics include: fermented yogurt with bananas, and kimchi fried rice.

CFU (Colony Forming Units): This refers to the number of live and active microorganisms that can be found in each serving of the probiotics. The amount of CFU’s can play a role in the effectiveness of the probiotic. Make sure to check labels for strains and amount of CFU’s to see if they are right for you!
IMPROVE YOUR GUT HEALTH:
Kimchi Fried Rice

Enjoy this synergistically delicious meal packed with probiotics and prebiotics!

INGREDIENTS
- 3 Cup Cooked brown rice
- 1 Tbsp Olive oil
- 2 tsp Chopped fresh ginger and garlic
- 2 Tbsp Soy sauce
- 1/2 Cup Kimchi
- 1 Egg beaten
- 2 Cup frozen edamame and carrots
- Sesame oil and sesame seeds

NUTRITION
- CALORIES: 122
- CARBS: 11.2gm
- PROTEIN: 7.6gm
- FAT: 7gm
- SAT. FAT: 6gm
- CHOLESTEROL: 200mg
- SODIUM: 525mg
- FIBER: 2.5mg

DIRECTIONS
1. Heat olive oil in a pan over medium heat. Add garlic and ginger, sesame seeds, and sesame oil until fragrant.
2. Add frozen edamame and carrots, brown rice, kimchi, and soy sauce. Cook for a few minutes.
3. Make a well in the center and scramble the egg in the center of the pan and mix throughout.
4. Serve immediately and enjoy!

Makes approximately 6 servings.

This monthly nutrition newsletter is a collaboration from Sodexo Dining Services Registered Dietitians supporting colleges and universities in the northeast region.

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