

FUNCTIONAL FOODS

FOR BETTER HEALTH, GO WITH YOUR GUT

Probiotics are live microorganisms that maintain or improve the good bacteria in the body. This functional component may boost gastrointestinal health. To include more probiotic foods in your diet, try yogurt, kefir and aged cheeses. For non-dairy options, try kimchi, sauerkraut, miso and tempeh.

Current research on gut health is examining the relationship between gut bacteria and disease prevention in the areas of rheumatoid arthritis, cancer and heart disease. Functional foods include dietary sources of probiotics and prebiotics, which aid in gut health.



Prebiotics feed the good bacteria (microbiota) to improve the balance of bacteria in the body. Dietary sources of prebiotics include high-fibre foods such as bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat.

Sources:

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-creating-a-healthier-you>
<https://www.health.harvard.edu/staying-healthy/can-gut-bacteria-improve-your-health>