Pre and Probiotics for a Healthy Gut

Prebiotics are parts of foods that increase the growth of the live and active healthy bacteria in the gut, aka probiotics. Foods like bananas, asparagus, onions, oats, and honey contain prebiotics. On the other hand, probiotics can be found in fermented yogurt, aged cheese, kefir, kimchi, sauerkraut, and kombucha!

Put together, prebiotics and probiotics have what is called a "synbiotic" effect or in other words, they work together to promote gut health. This duo can be combined by enjoying a banana with yogurt or adding fermented milk to your oats. There are many ways to mix and match these awesome functional foods!

Probiotics have been used to treat GI conditions like diarrhea, Irritable Bowel Syndrome, and c. diff. bacteria. These probiotics also hold promise for preventing conditions like colon cancer, traveler's diarrhea, and high blood cholesterol.

Kefir Breakfast Fruit Smoothie
1 c Kefir
½ cup frozen mixed berries
½ small banana
1 tbsp almond butter
2 teaspoons honey

Nutrition Information
Serves: 1
Serving Size: 1 cup
Amount Per Serving:
Calories: 327, Fat: 11g, Protein: 16g, Carbohydrates: 47g, Fiber: 5g, Sodium: 156mg

For more information, or to schedule an appointment with a dietitian please call 612-467-2004.