



PROBIOTICS AND THE GUT

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BACTERIA LINGO:

Probiotic: derived from the Greek language, meaning “for life” or life-promoting.

Probiotics: microorganisms that, when administered in adequate amounts, can benefit health (“good” bacteria).

Prebiotics: non-digestible carbohydrates that feed and stimulate growth of probiotics.

Synbiotics: a product that contains both probiotics and prebiotics.

THE DL ON GUT BACTERIA:

- The gut contains about 100 trillion bacteria.
- All the bacteria in your gut combined is estimated to weigh about 2lbs.
- You have 10x more bacteria in your gut than cells in your body.
- 70% of your immune system is located in your gut.
- Researchers now call our bacteria its own distinct organ: the microbiome.



BUG (PROBIOTICS)

BENEFITS:

- Reduce symptoms of constipation, irritable bowel syndrome (IBS) & inflammatory bowel disease (IBD).
- Decrease acute diarrhea, antibiotic-related diarrhea & symptoms of lactose intolerance.
- Support a healthy immune system & prevent infections.
- Enhance digestion & nutrient absorption.
- Reduce inflammation & possible link to weight control.

OTHER INDICATIONS FOR PROBIOTIC USE:

- Medications (i.e., antibiotics).
- Stress—physical & emotional.
- Poor Diet: processed foods, alcohol, over-eating, low fiber, low produce intake.



FACTS:

- ✓ Each group of bacteria has different species and each species has different strains.
- ✓ Each strain has different benefits for different parts of your body. Effectiveness depends on the strain and dose.
- ✓ Doses are measured in CFUs: Colony Forming Units.
- ✓ A probiotic should contain several billion CFUs to increase the likelihood of adequate gut colonization.
- ✓ More is not better; amount needed depends on the strain. Doses typically range from 1-20 billion CFUs.

FOOD SOURCES OF PROBIOTICS—EAT YOUR “BUGS!”

Look for “contains live active cultures” on the label

- Yogurt.
- Kefir.
- Sauerkraut or kimchi.
- Miso.
- Sourdough bread.
- Kombucha or fermented tea.



FOOD SOURCES OF PREBIOTICS—EAT YOUR BUG FOOD!



- Legumes & whole grains.
- Fruits.
- Flax.
- Garlic & onion.

Note: The FDA has not approved any health claims for probiotics, and many probiotic supplements are not tested for safety or efficacy prior to being marketed. Make sure to talk to your sports dietitian before taking or recommending any supplements.