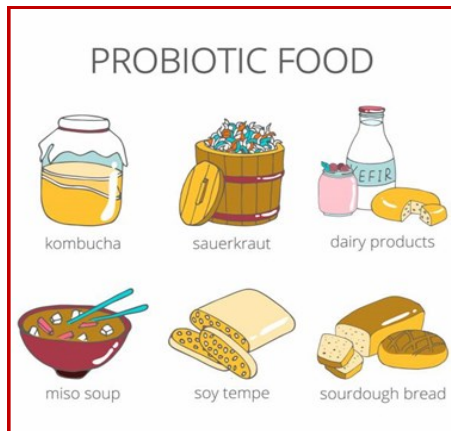




Nutrition Education



Foods to eat for a healthy serving of probiotics

- Yogurt
- Sauerkraut
- Miso
- Kimchi
- Kefir
- Cheese including Gouda, Mozzarella, and Cottage Cheese
- Pickles

Source:s

<https://www.healthline.com/nutrition/probiotics-101#side-effects>

<https://www.health.harvard.edu/vitamins-and-supplements/health-benefits-of-taking-probiotics>

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What are probiotics?

Probiotics are bacteria. Often times, we associate bacteria with germs and things that can make us sick but **our bodies are full of beneficial and healthy bacteria.** Probiotics are living organisms that we consume from foods and there are various strains and species that have different benefits. Most commonly we find these two: *Lactobacillus* and *Bifidobacterium*.

How can probiotics benefit your health?

Probiotics are effective against various digestive problems, including antibiotic-associated diarrhea and IBS.

Other areas they can help are with inflammation, immune function, depression and anxiety, blood pressure and blood cholesterol levels, and skin health.

