

Probiotics

What Are Probiotics?

Probiotics are healthy bacteria or yeast that live in our intestines and promote gut health. A normal, healthy bowel is full of good bacteria that helps strengthen the immune system and fight harmful bacteria.

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Benefits of Probiotics

- Maintain digestive health
- Promote recovery from diarrhea
- Reduce symptoms of lactose intolerance
- Relieve constipation
- Manage inflammation from bowel disease
- Enhance immune function

Probiotics may help treat

- Crohn's Disease
- Eczema
- Fibromyalgia
- Food allergies
- Irritable Bowel Syndrome
- Lactose Intolerance
- Ulcerative Colitis

What to Look For

Most studies suggest probiotics must be consumed daily — sometimes multiple times each day — to receive their health benefits. While shopping, look for the “**Live Active Cultures**” seal, which is usually found on yogurts that contain a significant amount of live and active bacteria (typically *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, and less often bifidobacterium and *Lactobacillus acidophilus*).

Dairy Sources

Eat:

- Greek yogurt
- Cultured yogurt
- Cheese with added probiotics

Drink:

- Kefir
- Buttermilk
- Drinkable Yogurt
- Acidophilus Milk



Not all probiotics are created equal

Consumers need the advice of nutrition experts to learn which probiotic enriched dairy food fits their needs. While the consumption of probiotics provides many health advantages, it is important to remember that all dairy foods are nutrient-rich. Choose 3 to 4 servings daily servings of dairy as part of a healthful diet to reduce risk of osteoporosis, heart disease, and obesity.

Dairy Does It Best

Dairy foods are considered an ideal delivery system for probiotics for several reasons:

- Dairy foods buffer the stomach acids which increase the chance that probiotics will survive the journey through the digestive tract.
- Dairy's short shelf life, which requires refrigeration, preserves and keeps probiotics stable.
- Dairy products provide added health benefits because they also contain calcium, vitamin D, vitamin A, phosphorus, magnesium, potassium and protein.
- Probiotic supplements can vary widely in quality and potency and are often more expensive than obtaining probiotics from food sources.