



DECEMBER UPDATE

FRESH FRUIT & VEGETABLE PROGRAM

Prebiotics and Probiotics

You have probably heard the word probiotics before on a TV commercial. Probiotics are typically associated with maintaining colon health. They are good bacteria that live inside of you. Let's take a more in depth look at what probiotics really are, what sources they come from, and how they affect your body.

Probiotics: various strains of good bacteria that populate your intestines and help maintain your gut's health

This bacteria naturally occurs in fermented foods, however some dairy companies add these bacteria to their yogurt products. The most common sources of probiotics come from yogurt, kefir, miso paste, kombucha, kimchee, and sauerkraut. You can easily find all of these foods in your local grocery store. The reason why more people are eating probiotics is because it is proven to improve your digestive system's health. By regularly eating probiotics, you are allowing these good bacteria to grow in your gut and protect it from bad bacteria, like the ones that cause food poisoning. Probiotics also help reverse complications like irritable bowel syndrome.

Since probiotics are a living organism they need food to continue populating your gut. These bacteria feed on prebiotics. Prebiotics are foods that you consume that also act as food for the good bacteria in your body. These are foods such as bananas, whole wheat foods, onions, garlic, leeks, and asparagus. Meals that combine prebiotics and probiotics ensure that you are supporting a healthy gut.

CHALLENGE YOURSELF!!!

Try eating a 1 source of both prebiotics and probiotics for one meal everyday for two weeks and see how it affects your digestive health!

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- 🍷 Purple Asparagus
- 🍷 Blackberries
- 🍷 Bok Choy
- 🍷 Guava
- 🍷 Blood Orange
- 🍷 Elderberries

Menu objects subject to change based on availability.

Pre/Probiotic Smoothie

Serves: 2 People

Ingredients

- 🍷 ½ Cup Frozen Berries
- 🍷 ½ Cup Frozen Mango
- 🍷 1 Cup Greek Yogurt
- 🍷 ½ Cup Quick Oats
- 🍷 1 Cup Orange Juice

Instructions

- 🍷 Add all ingredients into a blender
- 🍷 Blend for 1-2 minutes until all the fruit and oats are blended
- 🍷 Pour into two glasses and enjoy

