PREBIOTICS & PROBIOTICS: WHAT’S THE DIFFERENCE?

WHILE SIMILAR, PREBIOTICS AND PROBIOTICS PLAY A DIFFERENT ROLE IN BALANCING YOUR DIGESTIVE SYSTEM (OR GUT) AND MAINTAINING GOOD HEALTH.

**Probiotics** are beneficial bacteria found in certain foods and supplements that, when consumed, reside in your digestive system.

**Prebiotics** are food for these beneficial bacteria; they’re a type of fiber found in vegetables, fruits, and legumes that humans can’t digest.

GOOD GUT BACTERIA: WHY YOU NEED IT

Pre & probiotics support a healthy digestive tract, or gut, full of good bacteria. Here’s why that’s important.

**PROTECT** Good gut bacteria helps to keep bad gut bacteria in check, and may reduce the risk of Crohn’s disease, IBS, and even cancer.

**STRENGTHEN** Good gut bacteria can help to balance immune responses, making your immune system stronger (which means fewer sick days).

**REGULATE** Good gut bacteria helps to regulate the gut, protecting it from unwanted inflammation that can lead to a host of other issues like constipation, nausea, and fatigue.

ADD THESE TO THE MENU...

**PREBIOTICS**
- Legumes, beans, and peas
- Asparagus
- Leeks
- Onions
- Garlic
- Bananas
- Berries
- Oats

**PROBIOTICS**
- Yogurt
- Kefir
- Sauerkraut*
- Kimchi*
- Some pickled vegetables*
- Miso soup
- Kombucha

*Make sure these are non-pasteurized, as pasteurization kills the bacteria

For more information on other health topics, visit www.sarahbush.org/infographics.