

## **Probiotics & Prebiotics Explained**

This guide explains the difference between probiotics and prebiotics, how they function in the gut, and how to include them in your daily diet for optimal digestive health.

### **What Are Probiotics?**

Probiotics are live beneficial bacteria that support digestion, immunity, and overall gut balance. They help maintain microbial diversity and protect against harmful pathogens.

### **What Are Prebiotics?**

Prebiotics are types of indigestible fiber that feed the beneficial bacteria already in your gut. They act as fuel, allowing probiotics to thrive and multiply.

### **Food Sources**

Probiotic-rich foods:

- Yogurt
- Kefir
- Kimchi
- Sauerkraut
- Miso
- Kombucha

Prebiotic-rich foods:

- Bananas
- Garlic
- Onions
- Oats
- Lentils
- Asparagus