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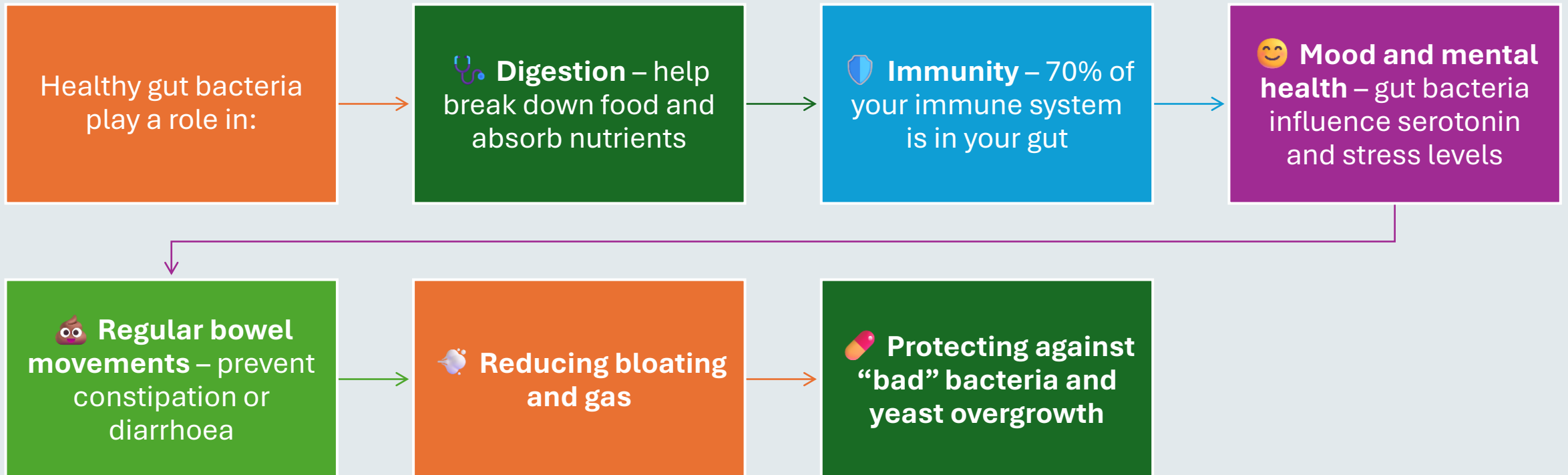
• Probiotics — The Good Bacteria That Keep You Healthy



What Are Probiotics?

- **Probiotics** are *live microorganisms* (mainly bacteria and some yeasts) that provide health benefits when consumed in adequate amounts. They're the “**good**” or “**friendly**” **bacteria** that naturally live in your gut and help maintain a healthy balance of microorganisms — known as the **gut microbiota**.

Why probiotics matter





Summary

<u>Factor</u>	<u>Helps your gut</u>	<u>Harms your gut</u>
Diet	Fibre, prebiotics, variety	Processed food, sugar
Medication	Minimal use	Frequent antibiotics
Stress	Relaxation	Chronic stress
Sleep	Regular, deep	Sleep deprivation
Exercise	Moderate, regular	Sedentary lifestyle
Habits	No smoking, moderate alcohol	Smoking, heavy drinking

Strain	Found in	Main Benefits
Lactobacillus acidophilus	Yoghurt, kefir, fermented milk	Improves digestion, helps with lactose intolerance
Bifidobacterium bifidum	Yoghurt, fermented foods	Supports immunity and reduces diarrhoea
Lactobacillus rhamnosus GG	Supplements, dairy drinks	May reduce antibiotic-related diarrhoea
Saccharomyces boulardii (yeast)	Supplements	Helps prevent traveller's diarrhoea, balances gut flora after antibiotics
Lactobacillus casei / plantarum	Fermented vegetables (sauerkraut, kimchi)	Anti-inflammatory, supports gut barrier
Bifidobacterium longum	Dairy, supplements	May improve mood and reduce IBS symptoms

Common Probiotic Strains and Their Benefits

Category	Examples
Fermented dairy	Yoghurt with live cultures, kefir, buttermilk
Fermented vegetables	Sauerkraut, kimchi, pickled cucumbers (naturally fermented, not vinegar)
Soy products	Miso, tempeh, natto
Fermented drinks	Kombucha, kvass
Other foods	Sourdough bread (some live cultures survive baking), some cheeses (e.g. gouda, cheddar, mozzarella with live cultures)



Foods Naturally Rich in Probiotics



Tip: Always check for “live and active cultures” on the label.



Easy Probiotic-Rich Meal Ideas

Breakfasts

- Yoghurt with fruit, oats, and honey
- Smoothie with kefir, banana, and spinach
- Wholegrain toast with miso spread and avocado

Lunches

- Kimchi fried rice with egg
- Salad with sauerkraut and grilled chicken
- Tempeh wrap with lettuce, tomato, and yoghurt sauce

Dinners

- Miso soup with tofu and seaweed
- Grilled salmon with kimchi and brown rice
- Stir-fry with vegetables, tempeh, and sesame seeds

Snacks

- Kombucha or kefir drink
- Cheese cubes with wholegrain crackers
- Pickled cucumber (naturally fermented)



Type	Form	Notes
Capsules / tablets	Most common	Choose products with multiple strains and high CFU count (10–20 billion CFU per day is typical)
Powders / sachets	For mixing with drinks	Often used for children or digestive support
Liquids	Easier to digest	Must be refrigerated to preserve live bacteria

Probiotic Supplements

If you don't get enough from food, supplements can help

When to Be Careful



After antibiotics: probiotics can help restore balance — but take them **2–3 hours after** the antibiotic dose.



Immunocompromised people (e.g. on chemotherapy) should only take probiotics under medical advice.



Temporary bloating may occur at first — it usually settles after a few days.



Prebiotics: the Food for Your Probiotics

Probiotics thrive on **prebiotics** — special fibres that feed good bacteria.
Sources include:

Garlic

Onions

Leeks

Bananas

Oats

Asparagus

Chicory root

Flaxseeds

💡 Combine both for best results — this duo is called a **synbiotic** (e.g. yoghurt + oats + banana).