

NUTRIFAX.®

Probiotics and Prebiotics

Probiotics and prebiotics are a current marketing trend in the food industry. Probiotics are incorporated or naturally found in items such as yogurt, cheese, and cereal and prebiotics are present in fruits, vegetables, and sources of fiber. These products have increased in popularity due to advertising that focuses heavily on health benefits. Probiotics and prebiotics encourage digestive well-being. Probiotics are thought of as “good” bacteria needed for optimal gastrointestinal functions and prebiotics create an environment in the gut for the bacteria to thrive.



Accumulation of “bad” bacteria in the intestines is a likely culprit of stomach and digestive discomfort. Stress, antibiotic treatment, and smoking increase the possibility of intestinal problems (i.e. irritable bowel syndrome). Consuming probiotics and prebiotics has the potential to: enhance immunity, promote regularity, alleviate lactose intolerance, relieve symptoms associated with irritable bowel syndrome, and prevent gynecological infections in women.



Probiotics and prebiotics are most effective if consumed regularly. Studies show bacterial levels diminish within a few days of halting intake. Eating yogurt is not only a convenient way to incorporate “good” bacteria into your diet’ but it is also credited with preventing diarrhea during a course of antibiotic treatment.

Maintaining a well balanced diet and staying physically active is best. Be sure to read food labels to fully understand the contents of any item.

*Food and Nutrition Services
can assist in providing nutrition
information.*

*Call 703-813-4800 and ask for a
Registered Dietitian.*