Probiotics vs Prebiotics

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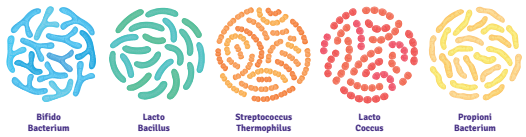
While probiotics and prebiotics sound similar, they are very different and have different roles in gut health.

What are Probiotics?

Probiotics are live microorganisms which, when taken in adequate amounts, provide certain health benefit.

Each probiotic is unique, has a very specific intended purpose, with specific types or strains helping to manage certain specific conditions.

- Reducing antibiotic-associated diarrhea
- Managing IBS symptoms like bloating, & changes in bowel habits
- Help us digest fibre & other nutrients



What Forms do they Come in?

Probiotics come in various forms. They can be found in certain foods, such as probiotic yogurt and kefir, or in pill or powder form.

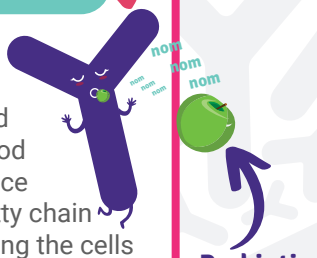
Probiotics don't make their way into your gut and set up 'camp' but rather, have a 'transient' effect meaning that when you consume them, they do a specific job, and then they leave your gut.

Important Facts!

Not everyone needs to take a probiotic for general "gut health".

It's important that you talk with your doctor, pharmacist, or dietitian before taking a probiotic. **Together, you can select an appropriate probiotic that is the most suitable for you.**

What are Prebiotics?



They are food for our gut microbes. Prebiotics are indigestible parts of food that ferment in the gut and feed the good bacteria. The good bacteria then produce 'short chain fatty acids.' Short chain fatty chain acids play an important role in nourishing the cells of our gut barrier, contributing to a functioning immune system, and so much more.

By getting enough prebiotics in our diet, we can improve the number and variety of bacteria in our gut – which supports better overall gut health.

What Forms do they Come in?

Prebiotics can be naturally found in:

- legumes - - fruit - - certain nuts - - seeds & grains -

There are several products on the market to which manufacturers have added prebiotics. For example: cereals, protein supplements, energy bars, and "healthier" cookies.

Important Facts!

While most prebiotics are a type of fibre, **not all fibres can be classified as a prebiotic.** Examples of prebiotic fibres include inulin, fructans and galacto-oligosacharides (GOS). Some foods that are naturally high in prebiotics are:

Veggies	Jerusalem artichokes, garlic, onion, asparagus cabbage, snow peas, green peas, leeks, shallots
Fruit	Apples, grapefruit, pomegranate, nectarines
Whole Grains	Oats, wheat, barley, rye crackers
Nuts & Seeds	Pistachio nuts, cashews
Legumes	Red kidney beans, soybeans, chickpeas, lentils

References:

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3.Gibson, G.R., Hutkins, R. Sanders, M.E., Prescott, S.L., Reimer, R.A., Salminen, S.J., Scott, K., Stanton, C., Swanson, K.S., Cani, P.D., Verbeke, K., & Reid. G. (2017). Expert consensus document: The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. Nature Reviews Gastroenterology & Hepatology, 14(8), 491-502.

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So, while you are getting enough probiotics in your diet - do not forget about the prebiotics that feed the microbes that keep you healthy and happy every day!

May 2021 This resource was made possible due to an unrestricted educational grant from Activia.