

National Nutrition Month

Prebiotics versus Probiotics

Both are thought to be beneficial to the microbiota in our gut, but they are different and work in different ways. The human digestive tract contains 100 trillion bacterial cells. These bacteria (our microbiota) are important for good digestive health.

Benefits:

- Provides nutrients to our gut bacteria that support healthy digestion and immune function.
- Improvement in intestinal health, decrease lactose intolerance symptoms.
- Decreases the risk of other diseases.

Prebiotics Dosage: The recommendation for dietary fiber is ~25-35 grams/day for adult

Probiotics Dosage: Many probiotics have been tested at levels between 1-10 billion CFU/d (CFU= colony forming units). No official recommended daily allowance.

Pro and Pre

Probiotics are beneficial bacteria in some foods or supplements. Not all fermented foods qualify as probiotic unless they contain specific studied microbes at beneficial doses.

Examples: yogurt, kefir, sauerkraut, tempeh, kimchi, kombucha, pickles.

Prebiotics are types of fiber that feed the friendly bacteria in our digestive system.

Examples: whole grains, greens, garlic, onion, asparagus, bananas, apples, flaxseeds.

Pro Tips

Prebiotics and Probiotics are safe for most people but always talk with your doctor before adding any supplements. Consult your Dietitian/Nutritionist for advice before starting any new pre or probiotics.

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Request an Appointment

Nutrition counseling is covered by most insurances, contact your insurance company for coverage details.