

# GUT HEALTH: PROBIOTICS/PREBIOTICS



Help your athletes identify benefits and common sources of probiotics and prebiotics.

## PROBIOTICS/PREBIOTICS CONSIDERATIONS

- Probiotics are live microorganisms that confer benefits to the host
- Athletes can yield the greatest benefits with regular supplementation or daily consumption of probiotic-containing foods
- Look for supplements with more than one type of probiotic
- Probiotic organisms use prebiotics for food
- Higher fiber foods such as vegetables, fruit and grains contain prebiotics

*NOTE: When adding fiber to increase probiotic intake, do so gradually to avoid gastrointestinal distress*

### TIPS FOR CHOOSING SUPPLEMENTS:

- Choose a multi-strain (more than one type) probiotic that has at least 1 billion colony forming units (CFUs)
- Look for the probiotics (ID) on the label: genus, species and strain such as:
  - Bifidobacterium (genus)
  - Longo (species)
  - W11 (strain)

## COMMON SOURCES OF PROBIOTICS/PREBIOTICS

	PROBIOTICS	PREBIOTICS
FOOD SOURCES	<ul style="list-style-type: none"><li>• Kefir</li><li>• Kimchi</li><li>• Miso</li><li>• Refrigerated pickles</li><li>• Sauerkraut</li><li>• Yogurt</li></ul>	<ul style="list-style-type: none"><li>• Asparagus</li><li>• Bananas</li><li>• Barley</li><li>• Beans</li><li>• Peas</li></ul>

### SOURCES

- Walsh, NP (2019) Nutrition and Athlete Immune Health: New Perspectives on an Old Paradigm. Sports Med. 49(Suppl 2):S153–S168.



Developed in collaboration with Roberta Anding MS, RDN, CSSD, LDN, CDE, Leslie Bonci MPH, RDN, CSSD, LDN, Jennifer Ketterly MS, RDN, CSSD, LDN and the Gatorade Sports Science Institute.

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