

CORE TRAINING: Prebiotics, Probiotics and Fiber for the Win!

By: Leslie Bonci, MPH, RD, CSSD, LDN



Sure, sculpted abs look great, but you'll need to look beyond your physique to stay your peak. Gut health happens from the inside out. A strong core may optimize athletic performance, but a healthy gut supports better performance from the inside out.

To be a member of the good gut club, you need to do some training from the inside out. That means putting just as much effort into what you eat as you do your abs and crunches. Doing so supports your microbiome – a collection of microorganisms that live in our gastrointestinal tract.

These “good bacteria”, along with millions of other microorganisms that live in our gut have a big job to do, including:

- Supporting the digestion of carbohydrate to provide energy for the cells and exercising muscles
- Supporting the manufacturing of vitamins
- Aiding in defending the body from bad bacteria
- Supporting a healthy immune system

So, how do you nourish your microbiome to have it flourish? You go for the **triple play!** That means incorporating prebiotics, probiotics and fiber into your daily eating plan.

WHAT ARE PREBIOTICS?

Types of carbohydrates that act as a source of fuel for beneficial or good gut microbes

POTENTIAL BENEFITS

- Feel fuller longer
- Improve calcium absorption
- Help with bowel function
- Aid in blood glucose regulation
- Help maintain healthy blood cholesterol and triglyceride (fats) levels

WHAT ARE PROBIOTICS?

Good or friendly bacteria that are found naturally in our gut and in some foods

POTENTIAL BENEFITS

- Support the immune system
- Support digestion by breaking down food
- Help decrease the presence of bad bacteria
- Help manufacturer vitamins and minerals that help us absorb nutrients
- Aid in calcium absorption

WHAT IS FIBER?

Non-digestible carbohydrate derived from plants that can be used by the gut as a source of fuel

POTENTIAL BENEFITS

- Support healthy bowel habits
- Aid in blood glucose regulation
- May improve cholesterol
- Feel full longer
- Support the immune system

Most Americans fall far short of our daily fiber needs. **How much fiber do YOU need?**

Children/Adolescents up to age 18: Add your current age plus 5 for total grams a day

Women age 18-50	25 grams a day	Men age 18-50	38 grams a day
Women > age 50	21 grams a day	Men > age 50	30 grams a day

BOTTOM LINE To treat your gut well, you need to consistently prepare, repair and pair foods that deliver on good gut health. If your gut doesn't feel well, you won't feel well. To give your microbiome a healthy home, be sure to provide it with the nutrients it needs. The variety and diversity in your bowl or plate may be the key to helping you look and feel great.



AMERICAN DAIRY
ASSOCIATION NORTH
EAST

AmericanDairy.com

@AmericanDairyNE