

# PREBIOTICS AND GUT HEALTH

## WHAT IS GUT HEALTH?

Trillions of microbes, mainly bacteria, call your gut home. Collectively, these microbes, along with their environment, genes and the by-products they produce, are called your gut microbiome<sup>1</sup>. Current evidence suggests that your gut microbiome plays an essential role in your overall health. It is linked with everything from irritable bowel syndrome and type two diabetes<sup>2</sup> to depression<sup>3</sup> and even your immunity; after all, it's thought that up the majority of your immune system lies in your gut<sup>4,5</sup>!

**Diversity** of microbes and **abundance** of specific bacteria (good bugs) in the gut are associated with good health<sup>2</sup>.

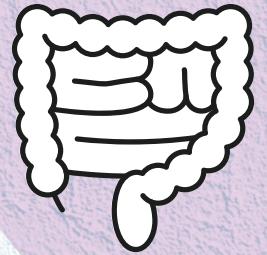
To encourage a **diverse** microbiome, **eat at least 30 different plant foods per week**; this includes fruit, vegetables, wholegrains, nuts, legumes and seeds<sup>6</sup>

and

**Include prebiotic-rich foods**, to help the good bugs in your gut thrive in abundance<sup>2</sup>.

**Gut microbiota** = community of microbes living in your gut<sup>1</sup>

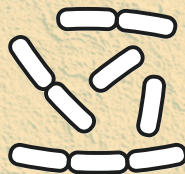
**Gut microbiome** = all of the genetic material of the microbes in your gut<sup>1</sup>



Along with sleep, stress and exercise, **what you eat** has a **big impact** on your gut microbiome – and changes in your diet can quickly lead to changes in your gut microbiome and therefore your **gut health** and **overall health**.

When it comes to food, there are four key elements that keep your gut happy:

1



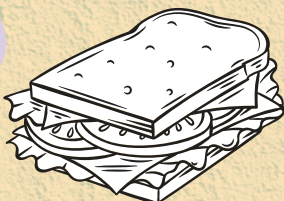
**Probiotics** are live bacteria (good bugs) that when consumed in adequate amounts, have a beneficial effect on your health<sup>7</sup>.

2



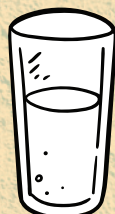
**Prebiotics** are food for good bugs. These bugs either already live in your gut or were introduced into your gut, i.e. probiotics; and when they feed on prebiotics, they produce compounds such as metabolites, short chain fatty acids and functional proteins, which are linked to a range of health benefits<sup>8-10</sup>.

3



**Dietary fibre** is the indigestible part of plant foods, found in fruit, vegetables, wholegrains, nuts, legumes and seeds. Fibre passes through our intestines relatively unchanged and can help to keep you regular, balance blood sugars and lower your cholesterol. Some fibres are prebiotics<sup>11</sup>.

4



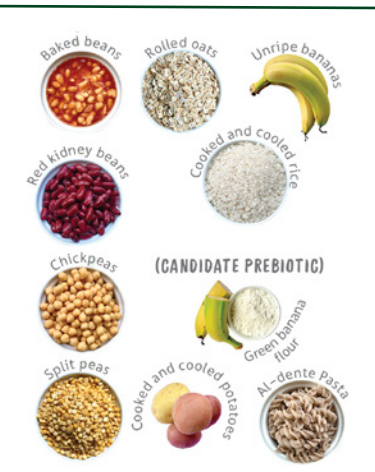


**Fluid** to keep your gut moving regularly<sup>12</sup>.

# PREBIOTIC POWER

There are many types of prebiotics, but the major types are fructans, galacto-oligosaccharides (GOS) and candidate prebiotic, resistant starch<sup>13,14</sup>:

Consuming both pre and probiotics regularly is a great way to nourish your gut and support gut health!

FRUCTANS	GALACTO-OLIGOSACCHARIDE (GOS)	RESISTANT STARCH (CANDIDATE PREBIOTIC)
		

GOS has been shown to increase the abundance of good bugs, (Bifidobacterium and Lactobacillus spp), in your gut, supporting gut health<sup>17-21</sup>.

## Four ways with Farmers Union Plus yogurt to feed your good gut bugs!<sup>^</sup>



1. At the breakfast table: mix in Farmers Union plus yogurt with your morning muesli

2. As a refreshing smoothie: blend with your favourite fruits, extra milk and ice.



3. As part of a sweet snack or dessert: try adding Farmers Union Plus to parfaits, frozen yogurt slices and even on top of pancakes

4. Or simply enjoy on its own.



Each 160g serve of Farmers Union Plus yogurt contains 2.4g of prebiotic GOS naturally derived from milk. PLUS, it contains the probiotic, BB-12<sup>®</sup> that helps improve regularity<sup>^</sup>



<sup>^</sup> As part of a balanced diet, probiotic B.Lactis (BB-12<sup>®</sup>) supports gut health by improving regularity and prebiotic (galacto-oligosaccharide) helps to increase the number of the good bugs in your gut.

DISCLAIMER: This resource has been developed by Farmers Union for use with healthcare professionals. It should not be construed as professional medical advice. January 2023.

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