

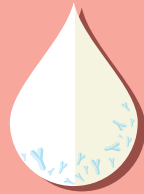
DIET AND GUT MICROBIOTA

The composition and functionality of gut microbiota can be influenced by the consumption of diet that includes **PREBIOTICS, PROBIOTICS, or both (SYNBIOTICS)**

PREBIOTICS

Non-digestible dietary carbohydrates, that travel to the colon intact and are able to selectively stimulate the growth and activity of beneficial bacteria in the colon¹

Naturally present in:



human milk (known as human milk oligosaccharides)



garlic



chicory root



onions

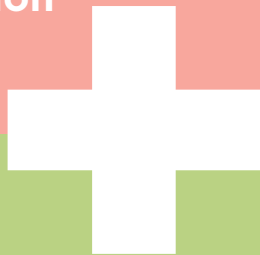


artichokes



leeks

asparagus



PROBIOTICS

Live microorganisms, which when administered in adequate amounts, confer a health benefit on the host¹

Can be found in:



fermented milk



yoghurts

fermented vegetables (e.g. Sauerkraut, Kimchi)



SYNBIOTICS

Combination of prebiotics and probiotics¹



1. Shamir R, van Elburg R, Knol J, Dupont C. Gut Health in Early Life: Significance of the Gut Microbiota and Nutrition for Development and Future Health. Essential Knowledge Briefing, Wiley, Chichester (2015).