

Prebiotics and GUT HEALTH



WHAT EXACTLY IS GUT HEALTH?

Trillions of microbes, mainly bacteria, call your gut home. Collectively, these microbes, along with their environment, genes and their by-products, are called your microbiome¹. While gut health is a relatively new and evolving area of scientific research, current evidence suggests that your gut microbiome plays an essential role in your overall health – linking it with everything from irritable bowel syndrome² and type two diabetes³ to depression⁴ and even your immunity⁵. After all, it's thought that the majority of your immune cells lie in your gut!

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 five key elements that keep your good bugs happy:

1 Probiotics are the good gut bugs living inside your gut. In adequate amounts, they may have a beneficial effect on your health.

2 Prebiotics are the food that feeds your good gut bugs – without them, probiotics just wouldn't survive.

3 Postbiotics include non-viable (or dead probiotics) as well as compounds produced as a result of the pre and probiotics doing their jobs (feeding and fermenting) – metabolites, short-chain fatty acids and functional proteins. Postbiotics may be responsible for many of our gut's health benefits⁶.

4 Fibre is the indigestible part of plant foods – fruit, vegetables, wholegrains, nuts, legumes and seeds – that keep you regular, balance blood sugars and can lower your cholesterol⁷. Some fibres are also prebiotics. Fibre works with...

5 Fluid to keep your gut moving regularly.

PREBIOTIC POWER

There are many types of prebiotics. The major prebiotic-rich foods that feed good gut bugs are fructans, galacto-oligosaccharides and candidate prebiotic – resistant starch^{7,8}.

FRUCTANS

- Wholebran
- Muesli
- Pearl barley
- Baked beans
- Couscous
- Black beans
- Artichokes
- Pistachios
- Silken tofu
- Pasta (when cooked and cooled)
- Pumpkin seeds
- Cashews
- Brussel sprouts
- Asparagus
- Garlic
- Red onion
- Leek (bulb)

GALACTO-OLIGOSACCHARIDE (GOS)

- Butternut pumpkin
- Hummus dip
- Beetroot
- Green peas
- Freekeh
- Soy cappuccino
- Custard apple
- Oat milk
- Dairy Farmers A2 Goodness + PREBIOTIC

RESISTANT STARCH (CANDIDATE PREBIOTIC)

- Baked beans
- Rollled oats
- Unripe bananas
- Red kidney beans
- Chickpeas
- Split peas
- Cooked and cooled rice
- Green banana flour
- Cooked and cooled potatoes
- Al-dente Pasta

POWERED BY PREBIOTICS

To feed your good gut bugs:

- ✓ **Eat at least 30 different plant foods per week;** this includes: fruit, vegetables, wholegrains, nuts, legumes and seeds.
- ✓ **Include prebiotic-rich foods,** namely Fructans and Galacto-oligosaccharides.

Feeding your good gut bugs with a prebiotic-rich diet may support gut health and overall health, of course consumed as part of a balanced diet!

Gut microbiota
= community of microbes living in your gut ¹
AKA gut bugs

Gut microbiome
= all of the genetic material of the microbes in your gut ¹

"GOS has been shown to increase the number of good bugs (Bifidobacterium and Lactobacillus spp) in your gut and therefore support your gut health" ¹²⁻¹⁶

4 WAYS TO SUPPORT GUT HEALTH

and feed your gut bugs with Dairy Farmers A2 Goodness + PREBIOTIC:

At the breakfast table... Pour over your morning cereal



With your lunch... Sip on a glass alongside your sandwich



For an afternoon snack... Use as the liquid component for fruit smoothies



In drinks... Enjoy in your hot chocolate or coffee



Galacto-oligosaccharide (GOS) prebiotic in a 250ml serve¹⁷.



Dairy Farmers A2 Goodness + PREBIOTIC contains GOS¹⁸ naturally derived from milk. 2.5g of GOS in 1 serve (250mL)

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- Prebiotic (Galacto-oligosaccharide) supports everyday gut health by increasing the good bugs in your gut, as part of a balanced diet

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