

Health Benefits of Prebiotics

Prebiotics are non-organisms; they are oligosaccharides which is a type of **soluble dietary fiber** that can be found in fruits, vegetables, and grains. Prebiotics supports the growth of probiotics so that probiotics can fight against other harmful bacteria in our guts.

How many prebiotics do you need then? Consumption of five grams of prebiotics daily is recommended by professionals. However, it is just too difficult to weigh five grams of prebiotics from food. As a result, it is recommended to consume 25 – 30 grams of dietary fibers from fruits, vegetables, and whole grains daily to ensure you meet the prebiotic intake recommendation.

Foods that are high in prebiotics:



Banana



Onion



Garlic



Asparagus



Leek



Artichoke



Jicama



Chicory
Root



Soybeans



Jerusalem
Artichoke



Whole Grains



Acacia Gum



Chia Seeds

Terms you will find to describe prebiotic in products in the markets:

- Galacto-oligosaccharides
- Fructo-oligosaccharides
- Oligofructose
- Chicory fiber
- Inulin

Fun facts about prebiotics:

1. Most prebiotics are dietary fibers, but not all dietary fibers are prebiotics.
2. Human breast milk is rich in prebiotics to support infant's gut function and immunity.
3. Prebiotics are also added into some infant formulas.



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