

What are Probiotics?

Everyone has good and bad bacteria (germs) living inside their bodies. Sometimes, we don't have enough good bacteria to stay healthy, and we need more. Probiotics are live bacteria that help keep your body healthy. They come in pills and in some foods. They can help with stomach health, vaginal health, and many other health issues.

What foods have probiotics?



Yogurt

A thick, tangy and sweet food; great for a snack with fruit and/or nuts



Sauerkraut

Pickled cabbage that makes bacteria; tastes great on sandwiches



Kimchi

Pickled veggies with spices; can be eaten plain, put on sandwiches or used in stir fry dishes



Kombucha

A bubbly tea drink that comes in many flavors



Kefir

A liquid, yogurt-like drink made from good bacteria grown in milk



Miso

A Japanese seasoning made from soy, used in soups

Should I take a probiotic pill?

Some people can take probiotics pills safely, and some cannot. Talk to your nutritionist and your doctor to see if it is safe for you to take probiotics. Your nutritionist can tell you what type to buy if you choose to take them.

Talk to your CHN nutritionist if you have more questions!



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