



Probiotics

We share our bodies with 10 hundred trillion bacterial tourists! Nearly three quarters of the bacteria living inside us are in our digestive system. These good bacteria help keep our gut healthy and functioning properly, protect our gut lining, assist with food digestion and release nutrients from food that we would otherwise be unable to digest.

An infection or course of anti-biotics can damage these bacteria and consequently, lead to stomach upsets and disruption to the lining of our intestines.

It has been shown that pro-biotics (friendly bacteria) can help replace the damaged bacteria and reduce the chance of this happening. Many yoghurts contain probiotics (they are generally listed on the label). Other foods that naturally contain probiotics include fermented foods (sauerkraut), miso paste, soy sauce and buttermilk.

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