



TRINITY COLLEGE FOR WOMEN NAMAKKAL

DEPARTMENT OF NUTRITION & DIETETICS

EVEN SEMESTER

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PROBIOTICS

INTRODUCTION

- Probiotics microorganisms are administered to prevent certain health conditions such as gastrointestinal disorders. Probiotics meaning is typically live yeast or bacteria.
- In the early 20th century, a study was conducted to show that the ingestion of certain live microorganisms can improve gut health and aid easy digestion. A simple probiotics definition would be to inject or ingest microorganisms, typically yeast or bacteria, that help maintain the health of our gut and prevent gastrointestinal disorders.

FUNCTIONS OF PROBIOTICS

The basic probiotics definition is that they are good bacteria that balance harmful bacteria by eliminating them. These good bacteria help maintain the pH of gut and keep health in check. Remember, a healthy gut leads to a healthy body.

BENEFITS OF PROBIOTICS

- Help indigestion
- Maintain gut health
- Prevent diarrhoea
- Prevent UTI
- Ease vaginal infections
- Strengthen immunity
- Prevent autoimmune diseases
- Ease skin ailments

TYPES OF PROBIOTICS

While both yeast and bacteria constitute probiotics, it is the latter that has the most types and is most widely used. Here is a list of the most commonly used probiotics-

Lactobacillus

Bifidobacteria

LACTOBACILLUS

It is a species of bacteria that produces lactase, which is an enzyme that breaks down lactose or milk sugar. Lactobacillus produces lactic acid that helps control the population of bad bacteria in our gut. Lactobacillus also strengthens muscles and helps increase the body's level of absorption of minerals. It is most commonly found in our mouth, small intestine, and vagina.

BIFIDOBACTERIA

Bifidobacteria is the species of bacteria that is most commonly used in food and its supplements. This bacteria supports our immune system.

It also curbs the growth of harmful or destructive bacteria in our intestine and helps break down lactose into nutrients absorbed by the body.

Lactobacillus and bifidobacteria are the two most popular and most widely used probiotics.

FOODS THAT CONTAIN PROBIOTIC

- Yoghurt
- Fermented cheese-cheddar, Swiss, Parmesan, Gouda
- Miso
- Pickles
- Sauerkraut
- Yakult

THANK YOU

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