



# THE BETTER NUTRITION PREBIOTIC GUIDE

## WHAT IS A PREBIOTIC?

We hear a lot about probiotics - those gut-friendly bacteria that we find in yogurt and fermented foods. But what about prebiotics? These can be just as important for your digestive health and believe it not...your mood! So what are they exactly?

Prebiotics are non-digestible substrates, such as resistant starches, that act as fuel for a probiotic. Think of it as food that we don't eat, but is used by our good probiotics to have a beneficial effect on us, our gut health, and as a result, our overall health. They help us to maintain a better balance of good bacteria, which ultimately keeps our digestive and immune systems running better.

## WHERE CAN I FIND PREBIOTICS?

Examples of foods that are potent in resistant starches are potato starch (non-modified), uncooked oats, Jerusalem artichoke, chicory, green banana and they can develop from cooked then cooled pasta. They are often found in resistant starches, which pass through our digestive system and selectively fuel our good gut bacteria.

UM yeah that's right - potato and pasta! And although these foods are pretty rarely listed when talking about nutrition and health, they can be helpful in the context of prebiotics. And, when we consume them in their prebiotic-rich form, we don't take in all the calories for energy as many are used by our gut bacteria. Said better, your body will respond differently to the carbohydrate load. Now this doesn't mean you can go eat bowlfuls of cooked and cooled pasta or potatoes - your good gut bacteria doesn't have that big of an appetite. Portions still need to be better, choices still need to be better quality, and they still count as carbs when you balancing your nutrients so pair them with proteins, fats and non-starchy vegetables.



## DID YOU SAY GREEN BANANA?

Yep, that's right! Along with cooked and cooled pasta and uncooked oats, green banana (the unripe banana) delivers prebiotics. Since the flavor or texture of an unripe banana isn't the most appealing, the flour can be used and varies from 35 - 68% resistant starch. Just be careful of the baking flour as cooking it will lower the amount of resistant starch you are consuming. Try having it raw in a smoothie or protein bowl.

## WHY SHOULD WE CONSUME PREBIOTICS?

Poor gut health can keep you from your better health, and better mood! Prebiotics are part of your better nutrition to strengthening your gut health and in doing so promote a healthy inflammatory response, healthy hormones, and enable mental wellbeing.

## HOW MUCH SHOULD I BE GETTING?

This all depends on the type of prebiotic you are having. 1-2 grams of certain prebiotics, known as xylooligosaccharides, can be enough to get a bifidogenic effect (meaning helping to feed bifidobacterium, one kind of probiotic). These can be found in bamboo shoots, fruits, vegetables, milk and honey.

Other types, known as isomaltooligosaccharides, may require at least 30 grams a day to get a beneficial prebiotic effects.

## WHO NEEDS TO BE CONCERNED ABOUT INTAKE?

If you suffer from IBS or Inflammatory Bowel Disease, prebiotics often fall under those high FODMAP foods that may irritate symptoms, especially in the early stages of restoring better bacteria balance. For any digestive health issues, discuss prebiotics with your practitioner!

## HOW TO START INTRODUCING PREBIOTICS?

Start introducing slowly, journal the kinds, amounts and your reactions, and make sure to get in enough water. Also keep in mind that prebiotics should be taken with probiotics - you want to be establish good bacteria from probiotics so you have something to fuel through your prebiotics.

Try starting your day with this prebiotic-rich recipe!



### Banana Prebiotic Fiber Protein Pancakes (Serves 2)

#### INGREDIENTS:

- 1 mashed banana
- 2 eggs
- 1 serve Uplift Food – Daily Uplifter (Protein – Vanilla)
- ¼ cup water, milk, the milk of your choice, or kefir
- Dash cinnamon
- Dash vanilla essence
- ½ tsp baking powder

#### Side notes:

1. If you prefer thinner pancakes simply add a little more of the milk of your choice to the batter.
2. You can substitute the banana for a cup of roasted pumpkin for a pumpkin pancake version.

#### DIRECTIONS:

Add all ingredients into a high speed blender and mix until a smooth mixture has been created;

Let sit overnight if you would like the mixture to thicken a little, otherwise, cook pancakes as per your desired size on a hot non stick pan.

Overnight oats are a great way to get in gut-healthy prebiotics since heating oats loses the resistant starches.

### Overnight Oats (Serves 1)

#### INGREDIENTS:

- ½ cup steel cut oats
- 1 cup plant-based milk
- ½ apple or pear, grated
- 1 tbsp pumpkin seeds
- ½ tbsp sunflower seeds
- Pomegranate seeds & toasted almonds to garnish

#### DIRECTIONS:

Mix all ingredients together and store in an airtight, glass or steel container in the fridge overnight. Top with pomegranate seeds and toasted almonds.



#### Dietitian Kara Landau APD/AN

Our Better Prebiotic Nutrition Expert. She is the founder of Uplift foods which includes Daily Uplifter, a better prebiotic nutrition supplement that's easy to add to smoothies, baked goods and more.

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