



simply healthy

from your Hannaford Dietitian

Probiotics: Loving Live Cultures

The healthy bacteria in our digestive tract are vital to proper development of the immune system. They protect against microorganisms that could cause disease, and they aid in the digestion and absorption of food and nutrients. Probiotics are live microbes that benefit our bodies when eaten in adequate amounts. They improve the balance and allow the healthy bacteria to thrive.

Other possible benefits of probiotics:

- May improve immunity (approximately 70 percent of your immune system is found in the intestine)
- May decrease allergic inflammation and skin infections
- May decrease antibiotic-associated diarrhea as well as acute diarrhea in children caused by infection
- May lessen the problems associated with IBS (irritable bowel syndrome) and inflammatory bowel disease
- May reduce intestinal bloating and help to digest lactose

Food containing probiotics:

- Dannon® yogurt
- Miso
- Kefir
- Soy sauce
- Tempeh
- Fresh sauerkraut (unpasteurized)
- Kashi U® cereal
- Cottage cheese
- Buttermilk
- Kimchi

To choose the best probiotic strain and dose for a specific health benefit, ask one of our registered dietitians.

Visit hannaford.com/healthy to find a Registered Dietitian near you.



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian