TOPIC: GUT MICROBIOME

Gut Microbiome

- **Gut Microbiome (_____):** ecosystem of trillions of _____ in your _____ intestine.
  - Ferment (break down) _____ carbohydrates → can create _____.
  - Producing certain _____ (K & B).
  - Inhibit harmful bacteria, stimulate _____ system.

- Gut microbiome can be affected by eating both ____ and ____ biotics.

Prebiotics

- _____ for the bacteria → things we _____ digest but bacteria _____.
  - Fiber
  - Inulin (type of fiber in _____ veg.)
  - _____ starches

Probiotics

- _____ bacteria → best source through _____ foods.
  - Kimchi
  - Sauerkraut
  - _____

EXAMPLE

The gut microbiome is an ecosystem of bacteria living in your large intestine. On the lines below, list three functions of the gut microbiome.

1. _____
2. _____
3. _____

PRACTICE

Which of the following is the role of prebiotics in a balanced diet?

a) Supplement gut microbiome with additional bacteria.

b) To increase the diversity of the gut microbiome.

c) To repopulate the gut after taking antibiotics.

d) To provide nourishment to the gut bacteria with foods our system can't digest.