

GUT HEALTH, PROBIOTICS AND YOU

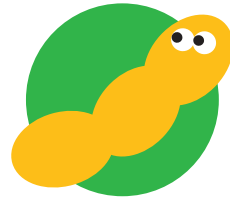
Did you know that your gastrointestinal tract (your “gut”) is home to more than 100 trillion microorganisms, including bacteria? And that’s a good thing!

These microorganisms are known as your “microbiota” or “gut flora”. A balanced and diverse microbiota helps promote gut health, including good digestion, and can play an important role in your overall health and wellness.

The foods you eat can impact your microbiota. To support good gut health, eat a variety of gut-friendly foods, such as:

- **vegetables and fruits.**
- **whole grains** like barley, oats, and quinoa.
- **prebiotic-containing foods** like lentils, chickpeas, pistachios, cashews, and asparagus.
- **probiotic-containing foods** like some yogurts and kefir.

Reviewed and approved by



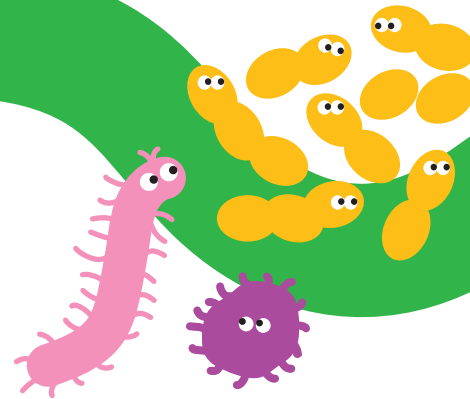
WHAT ARE PROBIOTICS?

Probiotics are live microorganisms that, when consumed in adequate amounts, provide a health benefit. Put simply, probiotics are good gut health promoters and supporters of a healthy digestive tract.



WHERE DO I GET PROBIOTICS?

You can get probiotics in a variety of forms, including pills, powders, and certain fermented foods, such as some yogurts and some kefir.



GOOD TO KNOW

Activia provides more than **1 billion Bifidobacterium lactis** per serving, a probiotic that contributes to healthy gut flora.

DO ALL FERMENTED FOODS CONTAIN PROBIOTICS?

No. All fermented foods are produced through controlled microorganisms (such as certain bacteria) growth. But they don’t all end up containing live microorganisms or live bacteria that qualify as a probiotic, in the finished product. Fermented foods, like kimchi, tempeh, sauerkraut and kombuchas, don’t contain probiotics, while some yogurts and kefir, also fermented, do.

HOW CAN I TELL IF MY YOGURT HAS PROBIOTICS?



Yogurt typically contains live bacteria, but not all yogurts include bacteria that are considered probiotics. Check the label for the mention of probiotics.

3 EASY WAYS TO ADD GUT-FRIENDLY PROBIOTICS TO YOUR DIET

Looking for nutritious, delicious, and easy-to-prepare foods, so you and your gut win? Breakfast bowls made with Activia yogurt, and your favourite toppings are a simple way to get gut-healthy probiotics in your day.



TRY THESE TASTY COMBOS ON TOP OF ACTIVIA PLAIN:



BANANA BREAD YOGURT BOWL

Sliced banana, walnuts, and a drizzle of maple syrup for a hint of sweet.



POMEGRANATE-CITRUS YOGURT BOWL

Tangy citrus, pomegranate and a sprinkle of granola and dark chocolate will satisfy your tastebuds.



APPLE CRUMBLE YOGURT BOWL

Warm, caramelized cinnamon-y apples with an oat crumble will remind you of your favourite apple dessert.

FOR MORE RECIPES MADE WITH ACTIVIA PROBIOTIC YOGURT VISIT [ACTIVIA.CA/EN/RECIPES](https://activia.ca/en/recipes)