

Health Benefits of Prebiotics

Prebiotics are non-organisms; they are oligosaccharides which is a type of **soluble dietary fiber** that can be found in fruits, vegetables, and grains. Prebiotics supports the growth of probiotics so that probiotics can fight against other harmful bacteria in our guts.

How many prebiotics do you need then? Consumption of five grams of prebiotics daily is recommended by professionals. However, it is just too difficult to weigh five grams of prebiotics from food. As a result, it is recommended to consume 25 – 30 grams of dietary fibers from fruits, vegetables, and whole grains daily to ensure you meet the prebiotic intake recommendation.

Foods that are high in prebiotics:



Banana



Onion



Garlic



Asparagus



Leek



Artichoke



Jicama



Chicory
Root



Soybeans



Jerusalem
Artichoke



Whole Grains



Acacia Gum



Chia Seeds

Terms you will find to describe prebiotic in products in the markets:

- Galacto-oligosaccharides
- Fructo-oligosaccharides
- Oligofructose
- Chicory fiber
- Inulin

Fun facts about prebiotics:

1. Most prebiotics are dietary fibers, but not all dietary fibers are prebiotics.
2. Human breast milk is rich in prebiotics to support infant's gut function and immunity.
3. Prebiotics are also added into some infant formulas.



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益生元的重要性

益生元不同於益生菌，它是益生菌的養分，幫助它們繁殖，對抗腸胃中有害的細菌。益生元是一種**可溶性的膳食纖維**，稱為寡糖。水果，蔬菜和全穀物含有豐富的寡糖。

我每天需要攝取多少益生元呢？ 你每天需要從食物攝取約5克的益生元。然而，計算食物中的益生元實在是太難做到。因此，我建議你每天多吃水果，蔬菜和全穀物，從而攝取 25-30克的膳食纖維，以確保你攝取足夠益生元。

含豐富益生元的食物:



香蕉



洋蔥



蒜頭



蘆筍



韭蔥/大蒜



朝鮮薊



豆薯



菊苣根



黃豆



耶路撒冷
朝鮮薊



全穀物



相思膠



嘉種子

在市場上，益生元有很多不同的種類，以下是一些常見的名稱：

- 半乳寡聚糖 Galacto-oligosaccharides
- 低聚果糖 Fructo-oligosaccharides
- 低聚果糖 Oligofructose
- 菊苣纖維 Chicory fiber
- 菊粉 Inulin

有趣小知識:

1. 大多數的益生元是膳食纖維，但不是所有膳食纖維都是益生元。
2. 母乳含豐富的益生元，以速進嬰兒腸道健康和增強免疫力。
3. 有些嬰兒也奶粉加入了益生元，以速進腸道健康和增強免疫力。



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