



PREBIOTICS and PROBIOTICS

Support for Intestinal Health

Probiotics are associated with various beneficial effects involving intestinal health. Probiotics have been shown to improve the symptoms of diarrhea, inflammatory bowel disease, food allergy, and lactose mal-absorption.

- Live, active, cultured yogurt
- Kefir
- Tempeh
- Trad. Fermented Sauerkraut
- Kimchi
- Miso
- Kombucha
- Trad. Fermented Sourdough
- Pickled Veggies

Prebiotics are non-digestible components of food that can improve intestinal health. They stimulate the growth and activity of beneficial bacteria in the colon.

- Onion
- Banana
- Asparagus
- Chicory Root
- Maple Syrup
- Barley
- Oats
- Garlic
- Jerusalem Artichokes
- Leeks
- Dandelion Greens
- Mushrooms
- Rye
- Tomato

Other foods that promote intestinal health include:

- Dietary Fiber
- Low heat-processed Whey Protein Powder with glutamine
- Green Tea

Jerusalem Artichoke Recipes

The Jerusalem artichoke, otherwise known as a Sunchoke, looks similar to ginger root. High in iron, potassium and thiamine, low-fat Sunchoke also contain inulin, an indigestible fiber, which feeds the healthy bacteria (lactobacilli) in the intestinal tract. For this reason they are considered a pre-biotic food. People with diabetes can enjoy Sunchoke as a potato alternative due to their slow absorption by the body. They can help prevent sharp increases in blood sugar.

Choose smooth, clean, unblemished, firm tubers with a minimum of bumps. Just as with potatoes, they can be baked, boiled, steamed, fried, and stewed. The peels are perfectly edible. Suggested spices include cinnamon, nutmeg, cloves, onion, and garlic.

Roasted Jerusalem Artichokes

Makes 4 servings

4 cloves garlic, chopped
2 ½ tbsp extra virgin olive oil
1 ½ pounds Jerusalem artichokes
Kosher salt and freshly ground black pepper to taste
1 tablespoon chopped parsley

Preheat oven to 500 degrees. Put garlic and oil in microwave-safe dish. Cover with a paper towel and cook at half power for 2 minutes. Set aside. Cut Jerusalem artichokes into golf balls pieces. Put in a shallow roasting pan large enough to hold all in one layer comfortably. Strain out garlic from oil over the chokes. Add salt and pepper and toss. Cook about 20 minutes (tossing once or twice) or until tender.

Basic Cooked Jerusalem Artichokes

Makes 6 servings

Jerusalem artichokes
Lightly salted water
Fresh lemon juice
Salt and pepper

To prepare Jerusalem artichokes, cook in boiling, lightly-salted water for 1/2 to 1 hour, covered, until soft. Add salt and pepper to taste. Sprinkle with lemon juice.

Quinoa Sunchoke Pilaf Salad

Makes 4 servings

½ cup quinoa
2 Tbsp. oil
½ cup chopped onion
1 ¼ cup vegetable (or chicken) broth
¾ cup chickpeas, cooked
1 cup chopped Sunchoke
½ cup peas, fresh or frozen
¼ tsp. pepper

Rinse quinoa in a tight-mesh strainer under cool running water to remove the bitter flavor. Heat the oil in a 2-quart saucepan over medium-high heat. Add the rinsed quinoa and cook, stirring, until it cracks and pops, about 3 to 5 minutes. Add the onion and cook, stirring, until the onion is soft. Add the vegetable broth and bring to a boil over high heat. Add the chickpeas, Sunchoke, peas, and pepper. Return to a boil; reduce heat and simmer, covered for 20 minutes. Fluff with a fork.

*Please note - although the foods listed in this handout *do* contain pre and probiotics, research has not yet determined what portion sizes are most effective for promoting intestinal health. **Source:** Montalto M, et al., Probiotics: history, definition, requirements and possible therapeutic applications. Ann Ital Med Int. 2002 Jul-Sep;17(3):157-65, <http://www.samcooks.com/default.htm> & <http://homecooking.about.com/>