

Probiotics

- Benefits of Probiotics
- Practices that kill probiotics in the body
- Practices that enhance the probiotics in the body
- Natural sources of probiotics



Health Promotion
إدارة التثقيف الصحي

Health Promotion Dept. - إدارة التثقيف الصحي
المجلس الأعلى لشؤون الأسرة بالشارقة SCFA - Shj



Probiotics

prepared and produced by:

Health Promotion Department - SCFA

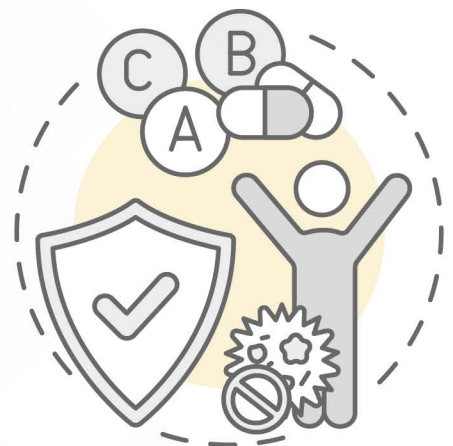
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Definition:

It is the natural bacteria present in the human body, which works on naturally balancing beneficial and harmful bacteria specially in the gut

Benefits of Probiotics:

- Promoting digestive system health and improve digestion
- Preventing and treating diarrhea
- Promoting heart health by lowering LDL-Cholesterol levels
- Improving the immune system
- Reducing the symptoms of the infections
- Improving skin health
- Enhancing the treatment of some types of allergies

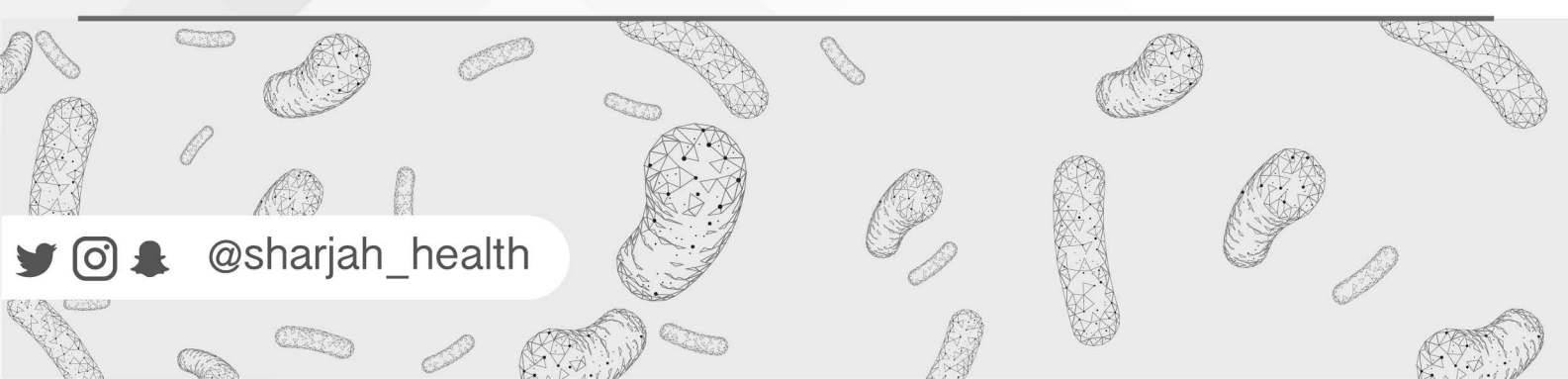


Practices that kill probiotics in the body:

- ❌ - Frequent uses of antibiotics unnecessarily.
- ❌ - Excessive intake/consumption of sugars.
- ❌ - Environmental pollution.

Practices that enhance the probiotics in the body:

- ✅ - Avoiding unnecessary intakes of antibiotics.
- ✅ - Eating fortified yogurt.
- ✅ - Eating Foods that contain fibers.



Natural sources of probiotics:



Sauerkraut



Pickles



Milk or yogurt



Some fortified
baked goods



Some types of
cheese such as halloumi



مجلس الأعلى لشؤون الأسرة
Supreme Council For Family Affairs

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