

# Improving gut health another reason to eat more veggies

Our natural gut flora can affect the health of our immune system. Probiotics enhance our “good bacteria”, enabling a boost in our white blood cells to fight potential invaders.

Controlled studies show those with diets high in probiotics (like yogurt, cheese, kefir, and fermented foods) have significantly fewer colds and fewer sick days. However, it may be best to focus on feeding the good bacteria we already have, by eating probiotics. Simply put, probiotics feed the probiotics.

We’ve always known fibre is health promoting, and therefore it’s wise to increase our vegetable consumption. But fibre isn’t just for “regularity” – it’s also necessary to keep our

intestinal flora balanced.

Fibre is a major contributor of prebiotics in our diet. Research finds the advantages of eating prebiotic-rich plant foods, outweigh the advantages of taking just probiotics. By increasing our intake of raw fruits, vegetables, legumes and whole grains (NOT processed grains), we are essentially getting both. Additionally, when using food as your main source of pre and probiotics, you are guaranteed the bacteria is “alive” and therefore properly used by the body.

Due to various factors, the bacteria in probiotic supplements may not survive the trip down the digestive system to the large intestine – and the bacteria in poor quality supplements

may not even be alive in the bottle, before you swallow them.

Prebiotic vegetables and fruit contribute millions of lactic acid bacteria. Some are the same type probiotics

use. Hundreds of studies show eating more veggies and fruit improve general health, including boosting the immune system. It’s likely prebiotics and probiotics derived from the



fiber is a big reason why. *info, follow Eve on Facebook or Google “Eve Lees Blog.”*  
***Eve Lees is a Nutrition Coach, a Health Speaker, and a Freelance Health Writer. For more health***

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A simple line drawing of a backpack with two straps and a top flap, positioned to the left of the text in the advertisement.