

Words on Wellness

Your extension connection to nutrition and fitness

Prebiotics–Probiotics—What Is the Difference?

Prebiotics and probiotics are considered “nutrition boosters” that are naturally present in everyday foods. Although there are prebiotic and probiotic supplements available, those found naturally in food are more readily digested and absorbed.

Prebiotics are natural, nondigestible food components linked to promoting the growth of “good” bacteria in your gut. Prebiotics help good bacteria grow in your gut and might also help your body better absorb calcium.

Probiotics are actual live cultures of “good” bacteria that are naturally found in your gut. These help balance or grow the bacteria you need in your gut. Probiotics may help enhance immunity and overall health, especially intestinal health. Probiotics have been used to treat irritable bowel syndrome, to lower lactose intolerance symptoms, and to prevent some allergy symptoms; however, the benefits vary person-to-person.

Food Sources:

Prebiotics

Asparagus
Artichokes
Bananas
Garlic
Onions
Soybeans
Whole wheat foods

Probiotics

Aged cheese
Kefir
Kimchi
Miso
Sauerkraut
Soy beverages
Tempeh
Yogurt



Try to include both prebiotics and probiotics in meals and snacks since they work together to restore and improve gut health. For example, enjoy a cup of yogurt with a banana at breakfast or top sautéed asparagus with melted aged cheese for dinner.

For a more extensive review of prebiotics and probiotics, register to view the 2010 Current Issues in Nutrition webinar, [“The Good Gut Bugs: Prebiotics and Probiotics.”](#)



Quick Turkey Rice Soup

Serving Size: 1½ cups | Serves 6
Ingredients:

- 2 teaspoons vegetable oil
- 1 cup chopped onions
- 1 cup sliced fresh white mushrooms (optional)
- 1 clove garlic, minced
- 1 15-ounce can diced tomatoes
- 3 14-ounce cans low-sodium chicken broth
- 1 10.75-ounce can reduced-sodium cream of chicken soup
- 1 cup uncooked instant brown rice
- 2 cups chopped broccoli
- 2 cups chopped cooked skinless turkey
- 1/2 teaspoon freshly ground pepper

Instructions:

1. Heat oil in large saucepan over medium-high heat.
2. Add onions, mushrooms, and minced garlic (if using); cook, stirring often, until onion is tender, about 5 minutes.
3. Add tomatoes, broth, soup, and rice. Cover and cook until rice is nearly tender, 15 to 20 minutes.
4. Stir in the broccoli and turkey; return to boil.
5. Reduce heat and simmer, partially covered, until broccoli is tender and turkey is heated through, about 5 minutes.
6. Remove from heat; stir in pepper.

Nutrition information per serving:

310 calories, 7g total fat, 2g saturated fat, 0g trans fat, 40mg cholesterol, 510mg sodium, 40g total carbohydrate, 4g fiber, 5g sugar, 23g protein

Source: <http://www.extension.iastate.edu/foodsavings/recipes/quick-turkey-rice-soup>

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Making Sense of the Dates

Are you confused by the dates that appear on food labels? If so you are not alone! Product dating is not required by federal regulations with the exception of infant formula. Most companies do put a date or a code on the package, but unfortunately there is no universally accepted method used so it can get confusing.

Here are some terms that will help you determine if the food item is still safe.

- **“Sell by”** means the store should sell the product by the date printed, but it can still safely be eaten after that date. Egg cartons have a “sell by” date.
- **“Best if used by”** means the consumer should use the product by the date listed for best quality and flavor (not for safety reasons). Most canned goods have a “best if used by” date.
- **“Use by” or “Expires”** means the product should be used by or frozen by the date listed. There will likely be a marked deterioration in product quality and safety after this date. Meats are an example of a food with a “use by” date.
- **“Packing code”** is required on all cans. This enables the company to track when and where the food was manufactured. This code is not a “use by” date. Canned foods are safe indefinitely as long as they are not exposed to extreme temperatures (freezing or temperatures above 90°F). Any cans that are dented, rusted, or swollen should be discarded. You will find that high-acid foods (tomatoes, fruits) will keep their best quality for 12 to 18 months and low-acid canned foods (meats, vegetables) for 2 to 5 years.

Activity Trackers—Are They for You?

Exercising can be hard, but tracking your progress doesn’t have to be. A fitness tracker counts your steps and provides motivation to exercise more throughout your day without drastic lifestyle changes or fad diets. By simplifying the process of monitoring with a fitness device, you will increase the likelihood of reaching a healthier weight and improving your overall health.

Fitness trackers are lightweight and wearable, and they can track steps, distance, heart rate, and calories used. Some even monitor sleep. The best activity trackers monitor your activity and display information about your daily routine on your smartphone or on the screen of the device itself.

Look for ones that will calculate your total minutes of activity, steps taken, heart rate, and goals for you. Some may even remind you to get up and move when you have been sitting for too long. Choose one that works with your lifestyle and habits. [PC magazine](#) has a good review of features and costs for some of the more popular wearable activity trackers.



PM 2099YY December 2014

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.