



## GOOD FOR YOUR GUT!

Stop and consider your gut for a moment. How is it feeling today? The gut predominantly includes your stomach, small and large intestines. It is the dynamic environment where foods and drinks move through to be digested and vital nutrients are absorbed. Your gut works well when you are eating fresh nutrient dense foods and when your gut flora is working correctly.

### Digestion and absorption

In your stomach, cells in the lining produce hydrochloric acid and some enzymes to digest the meal that you've just eaten. In your small intestine, more enzymes plus bile and pancreatic juices continue digestion.

These digestive juices break down fats, proteins and carbohydrates into simple nutrients that can be easily absorbed into the bloodstream through thousands of tiny folds called villi. The villi cover the small intestine wall to create an enormous surface area to maximise nutrient absorption.

A simple approach to improve your digestion is to stop eating on the run. Make it a habit to sit and eat your meals and focus on your food. Absorbed nutrients go to the liver and then get distributed around the body to provide you with energy and to assist with the regulation of cell functions. So enjoy well-balanced meals including natural grains, lean protein and fresh vegetables and fruit, and you will be well on your way to feeling full of energy!

### Gut flora

Our gut flora is made up of beneficial and harmful bacteria and is closely related to your wellbeing. That's because both good and bad bacteria play important roles in digestive and immune functions.

### Digestive functions

Your gut flora help process partly-digested food entering the small intestine and produce beneficial acids such as lactic acid. Some gut bacteria produce gases which cause noise in your abdomen, but don't worry the sounds and gas are a normal part of digestion.

Unfortunately, some people may suffer from excessive gas which may cause bloating. Is your gut feeling a bit sluggish? As you age, numbers of beneficial bacteria and digestive enzymes decrease and the gut becomes less efficient.

### Immune functions

The digestive juices in your stomach and in the small intestine also serve as a protective barrier, helping to kill bacteria and viruses that enter with foods and drinks. With approximately 70% of your immune system located throughout the digestive tract, the immune cells located in the small intestines are activated by your gut flora.



Importantly, we now know that gut health is linked to overall wellbeing. *Lactobacillus casei* Shirota strain produces lactic acid, which helps control numbers of harmful bacteria, suppresses the formation of harmful substances and enhances natural immunity; but it does not produce gas. It's the lactic acid which stimulates your gut walls to assist digestion and absorption of nutrients.

Drinking Yakult daily can help top up the numbers of friendly lactic acid bacteria, balancing your gut flora and stimulating your immunity. So be good to your gut, and it will be good to you.

### FACTS that make you go ... hmmm!

- A person will consume 65 tonnes of food in one lifetime; that's 65,000 kg.
- Your digestive system works 24 hours a day, 365 days a year to digest this food.

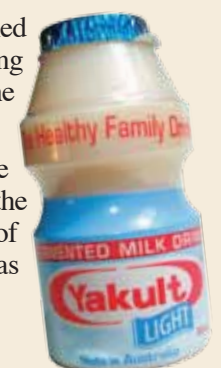
## Your questions

*Can you tell me the difference between **Probiotics** and **Prebiotics**?*

**Probiotics** are live beneficial bacteria, when included in your daily diet and consumed in adequate amounts, help balance your gut flora. Probiotics are naturally existing bacteria which reach your intestines alive, multiply and produce a positive effect on the digestive and immune systems.

**Prebiotics** are carbohydrates, but are different from other sugars because they are resistant to digestion. Probiotics can use Prebiotics as food, so Prebiotics increase the numbers of your own beneficial bacteria. Prebiotics can be a natural component of foods such as in bananas or leeks, or can be found in some manufactured foods such as polydextrose in Yakult LIGHT which provides 1 gram of fibre per bottle.

The combined use of Probiotics and Prebiotics is called **Synbiotics**.



Masvade Markets

# Snack attack, for healthy weight

By Dinah Woon BSc. NutrDiet APD

When food cravings start, it can get incredibly tempting to snack on chips, lollies and other treats.

Snacking doesn't need to be bad, as healthy options are widely available.

Snacks should be packed with nutrients but do not need to be big. Some snacks are for everyday intake, while others should be considered the occasional choice as a treat or to add variety.

As a guide, packaged snacks should provide less than or around 600 kilojoules (~100-150 calories) per serve (CSIRO 2007). If weight loss is a goal, try and select snacks with 420 kilojoules\* per serve or less. If they are higher in kilojoules, make them an occasional snack rather than an everyday one and be careful of the number of serves you're having!

**These every day snack ideas will provide you with sustained energy:**

Provides between 420-840 kilojoules (kJ) per serve.

## BREADS & CEREALS

- Baked beans on a slice of multigrain toast.
- A small bowl of untoasted muesli with low fat milk.

## FRUITS

**It's better to eat it, than drink it!**

Whole fruits offer more fibre with fewer calories compared to a glass of juice, because most of the fibre is lost in the juicing process.

Snack sizes can include:

- 2 small fruit (mandarins, kiwi fruits), or
- 1 large apple, pear or 1 medium banana, or
- 10 dried apricots.

## VEGETABLES

**Crunch time!**

- 1 cup of chopped raw vegetable sticks (carrot, celery, cucumber or broccoli) with 2 tablespoons of low-fat dips (hummus, tzatziki) or salsa.

## DAIRY

**Milk it for all its worth!**

- A serve of low-fat yoghurt topped with fruit.
- Dairy smoothie- made with low-fat milk and yoghurt, plus fruit. Add Yakult to the mix to create a 'Yakult smoothie' blend.

## Snacks for on the "go - go"

Create your own 'snack attack' packs using reusable zip-lock bags. Measure out a serve of your favourite snacks using dried fruit, nuts and seeds, wholegrain cereals, plain popcorn or dry crackers to create your own unique mix. A small handful of nuts are a tasty and filling snack choice.

## Pre-packaged snacks and bars

Pre-packaged dip, biscuits, crackers and muesli bars are an easy snack, but be sure to check the label to prevent being misled by products that are high in sugar, fat, salt and kilojoules. These pre-packaged snacks with a fat content of 20 grams (g) or more per 100g and/or a sugar content of 10g or more per 100g should be considered as the occasional snack. Attack snack cravings the healthy way!

\* 100 calories = 420 kJ



# Did you know?

Yakult has been produced in our Dandenong factory for almost 18 years. There are also Yakult sales offices throughout Australia and in Auckland, where our Sales Team provide support for Head Office by distributing Yakult to stores and maintaining our excellent customer service.



# Editor's word

2011 has been a busy year for Yakult production and sales. We've installed new filling equipment in the factory, increasing our efficiency, which means we are able to continue providing you with the highest quality Yakult.

In the month leading up to Christmas keep a look out for our special Christmas packs, available soon at your local supermarket.

Make sure you have a read of *Snack attack, for healthy weight* written by Dinah, our Nutritionist, and there are some interesting facts about gut flora and Prebiotics on the front page.

Please send through feedback and any suggestions for topics to include in future issues of *Inside Matters* so that we can continue to provide you with information on how to keep your digestive system balanced.

We can be contacted on our Freecall number **1800 640 023** or visit our website [www.yakult.com.au](http://www.yakult.com.au)

Enjoy! Tania O'Brien, *Editor*

To join the mailing list or forward any comments, questions or stories, contact the editor at the address below.

This publication is protected by copyright. You may copy any part of it, but you must acknowledge the source of the material you copy, and include a copy of this notice. You must not sell copies of this publication, or use them for commercial purposes, without the written consent of Yakult Australia Pty. Ltd.

The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional.

Edited by Tania O'Brien, VIC Education Co-ordinator, Yakult Australia

Published by: Yakult Australia Pty. Ltd. © 2011  
10 Monterey Road, Dandenong, Victoria, 3175

Print Post Approval: PP318799/00162



Beans on toast photo thanks to Paul at [www.freedigitalphotos.net](http://www.freedigitalphotos.net)