

Probiotics -



Healthy Microorganisms in our body



Our gastrointestinal tract is home to trillions of microbes with most of them located in our colon. The amount and types of bacteria vary from person to person. There is no consensus on what makes up a healthy microbiome. Since what we eat and drink pass through the gastrointestinal tract, our diet affects our gut microbiomes.



What are probiotics?

Probiotics are live microorganisms that provide health benefits for the human body. They can be administered orally (i.e. food, drinks, and dietary supplements) or non-orally (i.e. application to the skin). Probiotics are known by their genus, species, and strain. The two most studied groups of probiotics are lactobacillus and bafidoacterium.



Source

Probiotics can be found in fermented food such as yogurt, aged cheese, kefir, kimchi, sauerkraut, kombucha, and miso. They can also be found in dietary supplements or added into food such as fruit juices and protein shakes.

The item can only be called probiotics if it contains sufficient living microorganisms that survive food processing and these microorganisms provide benefits on human health.



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Health benefits

Clinical trials are still on-going to find out the health benefits of probiotics. Strong evidence indicated that probiotics **reduce** the incidence and duration of **antibiotic associated diarrhea**. Probiotics is known to manage digestive discomfort including constipation, diarrhea, colitis and irritable bowel syndrome. Having adequate amount of probiotics in the gut helps **reduce the number of bad micro-organisms which may cause infection and inflammation**. Probiotics also help in metabolic health such as **weight management, reduce blood cholesterol levels, also reduce blood sugar level and insulin resistance**. Topical application of probiotic may reduce recurrent **vaginal infection**.

There are also some studies indicated probiotics help reduce the risk of atopic dermatitis in infants with high risk of allergy. However, insufficient evidence to support probiotics in treating food allergy and eczema in general. Some studies also found a correlation between probiotics and mental health. More clinical trials are needed to examine in greater depth.



Recommended intake

It is good to include probiotics in our diet both naturally from foods or dietary supplements. The probiotic dose is expressed as CFU (colony forming units). Probiotics should be used at a dose found to provide certain health benefit in studies. A higher dose is not necessary and a lower dose may not be effective. Individual should find supporting data on probiotics use for his or her particular health condition. However, probiotics shouldn't replace the medical treatments. Caution is advised for certain population taking probiotics. This includes patients with short bowel syndrome, immunocompromised individuals, and those with serious underlying illness. For these people, they should seek medical advice to ensure the use on probiotics is suitable.



Example of a Probiotics Rich Menu

Breakfast

Fruit yogurt with rolled oats



Lunch

Whole wheat bread with aged cheese slice
Vegetable and bean soup



Dinner

Miso soup with seaweed and mushrooms with Kimchi, Brown Rice
Steamed tofu drizzle with black bean sauce



References:

H.D. Holscher et al. (2021). Evidence-based use of probiotics, prebiotics and fermented foods for digestive health:

<https://www.todaysdietitian.com/marketing/issues/2021/supplement/isapp/Course.pdf>

C. Hill et al (2014). Expert consensus document. The International Scientific Association for Probiotics and Prebiotics consensus statement on the scope and appropriate use of the term probiotics. Nature Reviews Gastroenterology Hepatology. 2014;11(8): 506-514.



Food and Dietetic Dept

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益生菌- 體內的健康微生物



我們的腸道是數以萬計微生物家園，當中大部份微生物是位於大腸內。因應我們飲食狀況，每個人體內的微生物數量及種類會有所不同。



什麼是益生菌？

益生菌是一種對人體健康的微生物。益生菌可以是口服的(如食物、飲品以及營養補充品)或非口服的(如搽在皮膚上)。市面上有好多益生菌種類，而被研究比較多的其中兩種是乳酸菌(lactobacillus)和雙歧桿菌(bifidobacterium)。



來源

益生菌存在於發酵的食物當中，包括乳酪、芝士、克菲爾(kefir)、泡菜、德國酸菜(sauerkraut)、康普茶(kombucha)和味噌(Miso)。他們亦可存在於營養補充品內或額外添加到果汁及蛋白奶昔等食品。在市面上稱含有益生菌的產品，該產品在加工過程中必須有足夠的益生菌存活，可讓消費者使用產品時能攝取益生菌。



益生菌- 體內的健康微生物



對健康的益處

了解更多益生菌對健康所帶來的好處，很多臨床試驗仍然進行當中。很多研究發現益生菌和抗生素一起食用，有助**減低抗生素對腸胃帶來的不良反應**，例如腹瀉等相關狀況。亦有文獻顯示益生菌可治療腸狀不適的症狀包括便秘、腹瀉、結腸炎和腸躁症(irritable bowel syndrome)。

攝取足夠的益生菌在腸道內，或有助**減低對身體有害的微生物**，減少身體患上炎症的機會。另外益生菌或有助減低患代謝症候群的風險，例如**幫助體重管理、控制高膽固醇水平、以及降低血糖水平和胰島素抗性**狀況。一般女士如在私處搽上益生菌，亦可**減少陰道感染的風險**。還有一些研究顯示益生菌有助降低嬰兒患上皮膚炎風險，但另一方面現時沒有足夠證據支持益生菌可治療食物過敏及濕疹症狀。最近亦有研究發現益生菌與心理健康有一些相關的連繫，但現階段仍需要更多的臨床試驗來支持。



建議攝取量

我們從食物或補充品內攝取到益生菌。益生菌的劑量一般是以菌落形成單位 (colony forming unit) 去計算。益生菌的劑量應跟隨研究上的數據建議來攝取。我們無需攝取過量的益生菌來維持健康，相反攝取不足亦對健康沒有明顯的效果。

因此每個人應留意所建議的益生菌劑量來攝取。然而益生菌不應取代任何藥物治療方法。有些人服用益生菌時亦要額外小心，包括短腸症候群者 (short bowel syndrome)、受免疫抑制人士及患有重症的患者。這些人士應尋求專業的建議，以確保服用的益生菌種類及劑量是合適。



早餐

水果乳酪配麥片



建議含豐富益生菌餐單

午餐

全麥麵包加入原片芝士
蔬菜雜豆湯



晚餐

泡菜

昆布蘑菇麵豉湯
豉汁蒸豆腐，糙米



References:

H.D. Holscher et al. (2021). Evidence-based use of probiotics, prebiotics and fermented foods for digestive health:

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膳食及營養部

• 如有任何疑問或營養諮詢，請致電營養師：

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