

## Contribution of Probiotics in the Field of Dietetics

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### Introduction

Probiotics are live bacteria and yeasts that are good for you, especially your digestive system. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy. Probiotics are live microorganisms that are intended to have health benefits when consumed or applied to the body. They can be found in yogurt and other fermented foods, dietary supplements.

### Common Probiotics in Foods

Probiotics may contain a variety of microorganisms. The most common are bacteria that belong to groups called **Lactobacillus**, **Streptococcus**, **Enterococcus**, **Escherichia**, and **Bacillus** and **Bifidobacterium**. Other bacteria may also be used as probiotics, and so may yeasts such as *Saccharomyces boulardii*,

### Probiotics Uses

- Retain your body gut system after attack from the bad bacteria or yeast
- Diarrheal Management
- Irritable bowel syndrome
- Ulcerative colitis
- Crohn's disease
- Vaginal Infections
- Influence your body's immune response
- Weight loss
- Improved digestion
- Reduce Depression
- Promote Heart Health
- Healthier skin

### Natural Sources of Probiotics

Yoghurt, Kefir, Kombucha, Sauerkraut, Pickles, Miso, Tempeh, Kimchi, Sourdough bread, Natto, Some types of Cheese, Butter-milk (Prepared by traditional way)

### Probiotic in Dietetics

Since, probiotics are plays an important role in human body and the digestion process of food. And also it maintain a healthy balance in your body. Think of it as keeping your body in neutral. Certain types of probiotic bacteria also helps in synthesis of vitamins in the body. Some probiotic bacteria are helps in breakdown and absorption of medications in gut [1-5].

### Conclusion

Finally, the probiotics are plays in important role in the human body and safe to use under strict guidelines and recommendation. Research is ongoing into the relationship of the gut microflora to disease. The health benefits of currently available probiotics and prebiotics have not been conclusively proved. However, side effects are rare, and most healthy adults can safely add foods that contain prebiotics and probiotics to their diets. Future research may lead to advanced probiotics with greater potential to improve health.

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