



## Frozen Fruit Probiotic Pops

### INGREDIENTS

- 1c Kefir
- 1 medium banana, sliced
- 1c frozen berries
- 1/8 c date paste or honey

### DIRECTIONS:

- Blend/puree items
- Place paper cups in muffin tin
- Place banana slices at the bottom of the paper cups
- Divide the puree between the paper cups
- Place foil over muffin tin
- Pierce foil with popsicle sticks
- Freeze 4-5 hours



## PROBIOTICS: GOOD BUGGIES IN THE BELLY

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Having you ever been curious about why a child might need a probiotic? Chances are, you have heard or read somewhere that you should be taking them. But are these claims substantiated? Let's dive in!

The most common families are Bifidobacteria, Lactobacillus, and Streptococcus. There are many others, but these are the primary bacteria you will see in supplements. Bifidobacteria works with fiber and helps things move along in our digestive tract. Lactobacillus and Streptococcus make lactic acid that can help prevent and reduce diarrhea and constipation.

There has been some promising research on certain conditions where probiotics may benefit children. Those include: eczema, upper respiratory infections, and during times of antibiotic use. But there is no universal recommendation to take supplements. Always have a chat with your child's pediatrician before starting supplements.

While there are many claims for probiotic use, there is no one size fits all when it comes to the probiotics a child might need. Our microbiome (the environment in our gut) is unique to us. Therefore the best way to see specific improvements is to tailor the probiotics you take based on your unique needs. This is hard to know without proper testing and isn't practical for most children.

One way parents can help provide probiotics in a natural way is to provide children probiotic rich foods, which I do recommend.

### Some foods that contain probiotics include:

- Kiefer (see the recipe idea to the left)
- Yogurt & yogurt alternatives
- Fermented foods (kimchi, sauerkraut)
- Tempeh