Eat Your Bacteria: Understanding Probiotics and Live Active Cultures

“Eat your fruits, veggies, and… bacteria?” Probiotic products, containing live bacteria, are popping up in the supermarket and growing in popularity. Probiotic literally means “for life” and by definition are live microorganisms which when administered in adequate amounts confer a health benefit on the host.

Friendly bacteria are used in the food industry to ferment foods such as cheese, yogurt, and pickles since they convert sugar (or carbohydrates) to lactic acid. Probiotic claims suggest that they may be useful for: reducing dental cavities in children, preventing colds and respiratory infections, treating allergies (such as atopic dermatitis and asthma), reducing diarrhea and Irritable Bowel Syndrome symptoms, maintaining remission of Inflammatory Bowel Disease, aiding in lactose digestion, treating vaginal infections and improving immunity. Newer products claim to regulate your digestive system and/or promote immunity.

It might be comforting to know that probiotic bacteria already reside in your intestines, helping to digest foods and keeping harmful bacteria from residing there. Normal wear and tear in the body’s system destroys some of these bacteria. Antibiotics, typically prescribed to kill illness-causing bacteria, may also reduce the number of probiotics in the microflora of your intestines. One way to replenish the positive probiotics bacterial number is to consume them in your daily foods and beverages.

Are probiotics products safe? Healthy people may not need probiotics. However, regular doses are not harmful and may encourage wellness. There are no published limits for safe consumption. However, it is recommend that you avoid probiotics if you are pregnant, lactating, or have a suppressed immune system (i.e. AIDS, cancer, radiation, or chemotherapy patients). Probiotic consumption could cause intestinal gas, bloating, or diarrhea.

Probiotics in Foods vs. Supplements

When performing counts on bacterial numbers in probiotics products, Consumer Reports found that yogurt and yogurt drinks had “far higher counts per serving than probiotics supplements.” So, it really may be better to eat your probiotics than take them in supplement form. Plus, you’ll receive other nutrients (calcium, protein, vitamins, and minerals) that only foods can provide. Quite often, the number of bacteria reported in a product is the number at the time of manufacture and not necessarily the number at the time of purchase. Preservation (standing up to heat, moisture, and oxygenation) from the manufacturer to market to the mouth is crucial. Consumer Reports Article (subscription).
**Attune Probiotic Wellness Bars**

“It’s like yoga for your insides,” says Attune to promote their new probiotic wellness bar. Attune Wellness Bars are available in two varieties: Yogurt & Granola (with flavors such as Strawberry Bliss, Wild Berry, and Lemon Crème) or Chocolate (including Chocolate Crisp, Cool Mint Chocolate, and Blueberry Vanilla). Each all-natural bar contains more than 5 times the beneficial cultures of yogurt. With only 100 calories (180 for the Yogurt & Granola assortment), these all-natural bars also provide 2 grams of fiber. The bars contain over 10 billion specially formulated LAFTI probiotics that survive in the digestive tract. Moreover, they keep your immune system “humming right along”. The bars are low in sodium (20 mg) and are an excellent source of calcium (20% DV).

**Pros:** The bars do not require refrigeration so you can eat them on the go. Attune claims that the probiotics will last up to 8 hours in up to 90°F weather. The bars also contain the prebiotic, inulin.

**Cons:** Beware of the total fat (6 to 7 g) and saturated fat (3 to 4 g) content.

We were impressed with the flavor and sweetness of the Cool Mint Chocolate!

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**Prebiotics Boost Probiotics**

Prebiotics are non-digestible food ingredients that help the function of probiotics and boost their effects in your system. They are found in natural food sources such as raw oats, unrefined wheat, artichokes, onions, garlic, bananas, greens, and berries. In addition, additives like inulin, xylose, and oligofructose are common prebiotics found in foods and beverages. Look for prebiotics in your food and beverages that may offer a synergistic effect for probiotics.

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**Living Foods Organic Garden of Life Bars**

Can’t tolerate the texture of yogurt but still want all the benefits of probiotics? Try Garden of Life’s Organic Whole Food Bars that are packed with fruits, vegetables, nuts, and sprouts. They are available in several different varieties: Super Seed Apple Cinnamon is a whole food fiber bar. Perfect Food red raspberry or chocolate bars provide the nutrients of 21 organic vegetables. Fruits of Life Summer Berry is an antioxidant bar that may help prevent the oxidation of cholesterol. Depending on the bar variety, you can boost your fiber intake by 4 to 6 grams. The bars deliver nutrients, fiber, vitamins, antioxidants, and (of course) probiotics. The live probiotic blend includes *L. acidophilus*, *B. longum*, and *L. rhamnosus*. With an average of 240 calories, the conveniently wrapped bars are perfect for an on-the-go breakfast or snack!

**Pros:** High in fiber and sweetened with natural honey.

**Cons:** High in fat (5-10 g depending on flavor) except the Fruits of Life Summer berry (3.5 g fat); expensive ($2.99/bar).

The Summer Berry Blend bar is the best choice. It is full of fruit pieces.

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**Lifeway Food’s Kefir Lowfat Cultured Milk Smoothie**

What could be “more nutritional than yogurt”? Apparently kefir (see FYI below). The use of this fermented-milk beverage dates back to the early nineteenth century when it was used to treat tuberculosis. Now, you can grab your own 8 oz bottle in flavors such as raspberry, strawberry, strawberry-banana, plain, and peach. With 10 live and active probiotic cultures (*L. casei, L. lactis, L. acidophilus, L. plantarum, L. rhamnosus, B. longum, Leuconostoc cremoris, B. breve, S. diacetylactis, and S. florentinus*) these low fat (2 g/8 oz) smoothies also provide an excellent source of calcium (30% DV) and a good source of fiber (3 g). Lifeway works to ensure that their products contain 10 billion live and active cultures (per 8 oz serving) when consumed before the expiration date.
**Pros:** More cultures than most yogurts and smoothies (10 live and active cultures). Contains the prebiotic, inulin.

**Cons:** The thick texture may be unusual for new smoothie drinkers. Lower in sugar (8 to 20 g) than most smoothies, but does contain high fructose corn syrup.

Raspberry smoothie has a great, fruity flavor if you can tolerate the thick texture.

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**What is kefir?**

Kefir is fermented milk. According to *Lifeway Foods*, kefir (Kee-fir) is a creamy, yogurt-like beverage that contains probiotics. Lifeway claims that kefir may prevent side effects from antibiotics, help with lactose intolerance, aide in weight loss, and offer a good source of calcium, protein, and fiber.

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**Dannon Activia Light**

Looking for a probiotic to help regulate your digestive system? Your search is over. In the November 2006 *SUPERMARKET SAVVY* newsletter, we featured Dannon Activia. Now, Activia is available in a Light version with no fat or saturated fat and 8 g carbohydrates but only 1/3 fewer calories (70 cal) per 4 oz. cup as compared to the regular version (2 g fat, 1 to 1.5 g saturated fat, 17 g sugar, and 110 calories per 4 oz serving). The loss of the fat and calories did not result in less flavor. Varieties include Strawberry, Vanilla, Peach, and Raspberry, which contain *Bifidus Regularis* (*Bifidobacterium animalis* 173-010). Activia claims that when consumed daily for 2 weeks, this yogurt could help optimize the function of your GI tract. Studies indicate that it is safe for kids (over the age of 3) and adults, even those with a regularly functioning digestive system. Read their *Scientific Summary* and for more information on probiotics go to www.dannonprobioticscenter.com.

**Pros:** Both the regular and Light version are a good source of calcium (15% DV). Claims are backed up by several scientific studies.

**Cons:** You need to consume Activia daily for two weeks for the claimed benefits.

*Dannon offers clinical studies and probiotic strain numbers for their products.*

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**L. Reuteri**

*L. Reuteri* research focuses on the probiotic’s ability to help boost the body’s immune system and enhance the body’s resistance to gastrointestinal diseases. In one study, adult workers who consumed *L. reuteri* daily had 55% less respiratory or GI infections than those who took a placebo. *L. reuteri* secretes reuterin (an antimicrobial agent that prohibits pathogenic organisms from residing in the intestinal tract) while protecting normal, healthy bacteria.

**References:**

Tubelius, Py: *Increasing work-place healthiness with the probiotic Lactobacillus reuteri*: A randomised, double blind placebo-controlled study. Environmental Health. 4:2a 5 (November 2005)


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**Stonyfield Farm Organic Light Smoothie**

Stonyfield Farm offers an alternative for the added calories and sugar in most smoothie beverages. Made with nonfat yogurt, these fruity concoctions of wildberry, strawberry, peach, or banana berry, provide a flavor for all tastebuds. To boost the probiotic effects of the 6 live and active cultures (*L. bulgaricus, S. thermophilus, L. acidophilus, B. bifidus, L. casei, and L. reuteri*), 2 g of the prebiotic inulin are added, which may provide gastrointestinal and functional immune support. The smoothie uses erythritol as a no calorie, naturally fermented sugar to add sweetness but not calories.

**Pros:** Fat free and full of fruity flavor, Stonyfield Farm claims to be the only U. S. brand that uses *L. reuteri* culture in its products. Contains 50% less calories (130 cal vs. 270 cal) and 60% less sugar (19g vs. 50g) than regular smoothies.

**Cons:** None…drink up!

The strawberry smoothie was smooth and delicious, perfect for a quick, lower calorie (130 cal/10 fl. oz svg) drink!
Erythritol

Erythritol is a natural sugar alcohol (a type of sugar substitute) which has been approved for use in the United States and throughout much of the world. It is 70% as sweet as table sugar yet it is virtually non-caloric, does not affect blood sugar, does not cause tooth decay, and is absorbed by the body, therefore unlikely to cause gastric side effects unlike other sugar alcohols. Under U.S. Food and Drug Administration (FDA) labeling requirements, it has a caloric value of 0.2 calories per gram (95% less than sugar and other carbohydrates). (Wikipedia Encyclopaedia)

Dannon DanActive

This light, small probiotic dairy drink contains 10 billion specially formulated L. casei Immunitas (DanActive’s name for L. casei DN00114) cultures in addition to the typical live and active yogurt cultures. Blueberry, Vanilla, Strawberry, or Cranberry-Raspberry DanActive flavors are small in size (3.3 fl oz) but offer a boost of benefits. Since 70% of your immune system resides in the digestive tract, it is good to know that L. casei Immunitas probiotic bacteria survive digestion to provide scientifically tested immune benefits to help you stay healthy.

**Pros:** Clinically proven (see studies at www.danactive.com) to help strengthen the body’s defenses and optimize digestive function; good source of calcium (10% DV)

**Cons:** Must be refrigerated and consumed by the expiration date (usually only a week or two after purchase) to ensure quality probiotics.

🌟 We loved the Cranberry-Raspberry flavor!

Bacterial Names

In scientific classification, an organism receives two names: a genus name listed first with a capitalized first letter followed by a lowercase species name. The entire name is italicized. So, the organism *Lactobacillus acidophilus* is from the genus *Lactobacillus* and the species “acidophilus”. Some companies have developed trade names of common organisms for marketing purpose. These trade names are denoted by unitalicized, bold face type with capital first letters for both names. *Bifidus Regularis* is actually the trade name for *Bifidobacterium animalis* DN-173 010.

Dannon Danimals

If you would like to see legitimate research on probiotics before feeding them to your kids, visit the website for Danimals. There you’ll find that Danimals’ single serving smoothies include *Lactobacillus GG (LGG)* which Dannon states is “the world’s most clinically researched culture in kids (over the age of 4 years) with proven probiotic benefits.” The bacterial culture’s safety and benefits have been studied in over 150 scientific papers since 1987. There are exciting flavors like Strawberry Explosion, Rockin’ Raspberry, Stinkin’ Strawberry Kiwi, Swingin’ Strawberry Banana, Boucin’ Banana, and Totally Vanilla. Kids can drink a sweet treat without even knowing that their GI system, immune function, or oral health is in for a treat, too. (Read Scientific Studies)

**Pros:** Excellent source of calcium (25% DV) and a good source of vitamin D (10% DV). Dannon claims it’s the “only kids snack with LGG”

**Cons:** None, but use as part of a balanced diet.

🌟 Our kid taste testers drank up the Rockin’ Raspberry flavor with delight! Danimals also comes in Danimals XL for larger appetites, Danimals cups, and Danimals Sprinkl’ins (with mix-in toppings)

How many probiotics do you need to consume to receive the benefits?

While there are no recommended dosages of probiotics, most research studies supporting meaningful health benefits of probiotics are based upon taking in 10 billion colony-forming units (CFU) per day. To encourage probiotic benefits, consume products several times a week, if not daily. In addition, you need to keep most products refrigerated to preserve bacterial numbers. Exceptions to this, of course, are probiotic wellness and chocolate bars which don’t require refrigeration. Consuming a probiotic does not necessarily assure its integration into the intestine.
Stonyfield Farm Shift Organic Energy Drink

Are you looking for an energy drink alternative to the caffeine-fueled energy drinks now crowding store shelves? Shift is being targeted to active teens and young adults but would be a healthier energy drink or meal replacement alternative for any adult. Shift provides a sustainable energy source with a combination of protein, vitamins, acai, and ginseng, and doesn’t contain caffeine. With 200 calories and 1/3 less sugar (32 g) than regular smoothies, this beverage seems to combine the boost of energy drinks with the benefits of yogurts. Shift is 100% natural without starches, gelatin, preservatives, or artificial flavors and colors. Flavors include Berry Boost, Power Punch, and Strawberry Banana. The bottles are cleverly designed for on-the-go consumption.

Pros: Excellent source of calcium (40% DV) and vitamins B3, B6, D and C (20% DV); Good source of protein (5g); 2g of dietary fiber per bottle. Contains B. Lactis and L. Reuteri live active cultures.

Cons: Contains 32 g of sugar, 4 g fat, and 2 g saturated fat.

The Berry Boost was full of flavor and not as heavy as other smoothies!

What are Live and Active Cultures?

According to the National Yogurt Association (NYA), live and active cultures refer to the living organisms Lactobacillus bulgaricus and Streptococcus thermophilus that convert pasteurized milk to yogurt during fermentation. All yogurts should be made with these two starter cultures, but additional cultures (such as Lactobacillus acidophilus or Bifidus) may be added. Since Lactobacillus bulgaricus and Streptococcus thermophilus provide a benefit for individuals who have difficulty digesting lactose, the NYA considers yogurt a probiotic.

To help consumers identify yogurt that contains an adequate level of live and active cultures (100 million viable lactic acid bacteria per gram of yogurt at the time of manufacture and at least 10 million at the end of shelf life), the NYA has created a Live and Active Culture Seal Program. To be certain that you are getting all of the benefits of yogurt, look for the Live and Active Culture Seal on a yogurt product.

Redwood Hill Farm Goat’s Milk Yogurt

Why goats’ milk? Redwood Hill Farm suggests that the smaller fat particles in goat milk are easier for older people, babies, and those with ulcers to digest. The yogurt includes the active cultures L. bulgaricus and S. thermophilus. B. bifidus and L. acidophilus are added for digestive benefits. Choose from a variety of flavors: Plain, Vanilla, Strawberry, Blueberry, Apricot-mango or Cranberry-orange. The yogurts are made without refined sugar, but sweetened with honey and fruit juice (for fruit flavors) or pure maple syrup (for vanilla flavor).

Pros: If you are lactose intolerant or allergic to cow milk products, goat milk yogurt is a good alternative. Excellent source of calcium (20-25% DV).

Cons: Made with whole goats’ milk which contributes 4.5 to 6 g fat and 3 to 4 g saturated fat/6 oz serving.

Be prepared for a different, slightly astringent after-taste common in goat milk products. The apricot-mango yogurt had a custard consistency with whole pieces of fruit on the bottom.

Do all yogurt products contain live and active cultures?

Not necessarily. Some products undergo ultra-high heat pasteurization for extended shelf life and air tight packaging. The heat creates a convenient, non-perishable product but kills the bacterial cultures used to make the yogurt. Yogurts that undergo pasteurization after the addition of bacterial cultures do not offer the same benefits as live and active cultures. The yogurts included in this article all contain live and active cultures.
Wallaby Organic Yogurt

Calling all yogurt lovers to a world of exotic flavors! Wallaby Yogurt Company provides Australian style organic yogurt in low fat and nonfat varieties. Nonfat yogurt flavors include Bartlett Pear, Dulce de Leche, Strawberry Guava, Pineapple with Coconut, Maple Peach, and Mango Lime, Vanilla Bean, Raspberry, Strawberry. There’s more: low fat flavors include Banana Vanilla, Key Lime, Orange Passion Fruit, Black Cherry, Blueberry, Strawberry, Raspberry, Strawberry Banana, Lemon, Vanilla, and Plain. Wallaby’s manages to pack in flavor AND four strains of live and active cultures (S. thermophilus, B. animalis lactis, L. acidophilus, and L. bulgaricus). Wallaby’s takes careful steps to ensure that the cultures are maintained, including a longer incubation process than most conventional yogurts (twice as long).

Pros: One cup of yogurt contains 170 billion cultures (1 billion per gram of yogurt), 100 million times more than the required amount for yogurt. Good source of calcium (25% DV)

Cons: None…unless so many flavors causes confusion!

Creamier and less custard like consistency than most yogurts we’ve tried. The key lime flavor tasted like a cup of delicious key lime pie.

Stonyfield Farm Organic Nonfat “2-A-Day” Yogurt

Calcium: a word that triggers thoughts of bone health, dairy products, and how to get more of it! According to the National Bone Health Campaign, adults (age 19-50 years old) need 1000mg of calcium per day. Dairy products like yogurt are great sources of calcium that are easily absorbed in the body. Now, two servings of Stonyfield Farm’s 2-A-Day fat free yogurts provide enough calcium to meet adult needs. Each serving contains 500 mg of calcium (50% of the daily value (DV) for calcium) and 20% DV for Vitamin D which increases the body’s absorption of calcium. Just like all of the other Stonyfield Farm products, 2-A-Day includes L. bulgaricus, S. thermophilus, L. acidophilus, Bifidus, L. casei, and their exclusive L. reuteri.

Pros: Also includes the probiotic, inulin, for an added fiber boost (3 g fiber/6 oz), excellent source of calcium (50% DV).

Cons: Although 65% of the calcium comes naturally from milk, calcium citrate (an added source of calcium) offers the other 35%. Try the three new all natural flavors: strawberry raspberry, apricot mango, and wild berry

Woodstock Water Buffalo Omega-3 Yogurt

Cow’s milk is not the only source for creating creamy yogurt. Woodstock Water Buffalo Yogurt Company offers a new yogurt that combines water buffalo milk, omega-3 fatty acids, and probiotic cultures in one small cup. The company claims that water buffalo milk contains more calcium, more protein, and less cholesterol than cows’ milk. Try all flavors such as Black Currant, Raspberry, and Strawberry with added encapsulated fish oil to boost the omega-3 content. The U.S. Institute of Medicine at the National Academy of Sciences recommends that women consume 1.1 g and that men consume 1.6 g of omega-3 a day. In addition, the yogurts include S. thermophilus, L. bulgaricus, L. acidophilus, Bifidobacteria, and L. casei.

Pros: A good way to consume omega 3’s if you don’t like eating fish or taking supplements since there is 100 mg of omega-3’s per serving.

Cons: Dense texture; high in fat (9 g) and saturated fat (6 g) due to butterfat and non-milk solids

Woodstock will be launching a low-fat line of yogurts in the fall of 2007. We’ll keep you updated! For more information of water buffalo milk production, nutrition, distribution, and differences from cow’s milk go to the Woodstock web site.
Comparison Chart of Foods Containing Probiotics

Arranged in order by % fat calories and total calories.

SS Picks =≤30% fat calories, ≤2 g saturated fat + trans fat

<table>
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<tr>
<th>Product</th>
<th>Serving Size</th>
<th>Calories</th>
<th>% Fat Calories</th>
<th>Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Calcium (% DV)</th>
<th>Probiotics + Additional Nutrients</th>
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<td>Living Foods Antioxidant Bar</td>
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<td>230</td>
<td>15%</td>
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<td>25</td>
<td>47</td>
<td>4</td>
<td>20</td>
<td>3</td>
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<td>13</td>
<td>6</td>
<td>8%</td>
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<td>36-42</td>
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<td>13</td>
<td>3</td>
<td>8-9</td>
<td>5</td>
<td>15%</td>
<td>1,2,11</td>
</tr>
<tr>
<td>Stonyfield Farm 2-a-Day Yogurt</td>
<td>6 oz</td>
<td>120</td>
<td>0%</td>
<td>0.0</td>
<td>0</td>
<td>110</td>
<td>24</td>
<td>3</td>
<td>21</td>
<td>6</td>
<td>50%</td>
<td>1,2,4,5,7,13</td>
</tr>
<tr>
<td>Wallaby Organic Nonfat Yogurt, plain</td>
<td>6 oz.</td>
<td>130</td>
<td>0%</td>
<td>0.0</td>
<td>0</td>
<td>130</td>
<td>19</td>
<td>0</td>
<td>10</td>
<td>12</td>
<td>50%</td>
<td>1,2,5,10</td>
</tr>
<tr>
<td>Wallaby Organic Nonfat Yogurt, flavors</td>
<td>6 oz.</td>
<td>130-140</td>
<td>0%</td>
<td>0.0</td>
<td>0</td>
<td>90</td>
<td>25-28</td>
<td>0</td>
<td>19-22</td>
<td>7</td>
<td>30%</td>
<td>1,2,5,10</td>
</tr>
<tr>
<td>Nancy’s Nonfat Yogurt</td>
<td>8 oz</td>
<td>150</td>
<td>0%</td>
<td>0-5</td>
<td>0</td>
<td>140</td>
<td>25-27</td>
<td>1-2</td>
<td>20-31</td>
<td>10</td>
<td>35%</td>
<td>1,2,4,5,6,13</td>
</tr>
<tr>
<td>Silk Live Soy Yogurt</td>
<td>6 oz</td>
<td>140-160</td>
<td>15%</td>
<td>2.2.5</td>
<td>0</td>
<td>20-25</td>
<td>25-31</td>
<td>1</td>
<td>18-22</td>
<td>4</td>
<td>30%</td>
<td>1,2,4,5,6,13</td>
</tr>
<tr>
<td>Brown Cow Yogurt</td>
<td>6 oz</td>
<td>150</td>
<td>17%</td>
<td>2.5</td>
<td>1.1-5</td>
<td>105-120</td>
<td>26</td>
<td>1</td>
<td>23</td>
<td>7</td>
<td>25%</td>
<td>1,2,5,13</td>
</tr>
<tr>
<td>Wallaby Organic Low Fat Yogurt</td>
<td>6 oz</td>
<td>150</td>
<td>17%</td>
<td>2.5</td>
<td>1.5</td>
<td>75</td>
<td>25-27</td>
<td>0</td>
<td>10-21</td>
<td>6-11</td>
<td>25%</td>
<td>1,2,5,10</td>
</tr>
<tr>
<td>Redwood Hill Farm Goat Milk Yogurt</td>
<td>6 oz</td>
<td>130-190</td>
<td>26-30%</td>
<td>4.5-6</td>
<td>3-4</td>
<td>65-130</td>
<td>14-31</td>
<td>1-2</td>
<td>4-22</td>
<td>6-8</td>
<td>20-25%</td>
<td>1,2,5,13</td>
</tr>
<tr>
<td>Woodstock Water buffalo Milk Yogurt</td>
<td>6 oz</td>
<td>163-174</td>
<td>44-47%</td>
<td>9.0</td>
<td>6</td>
<td>70-185</td>
<td>20-22</td>
<td>0</td>
<td>18-19</td>
<td>5</td>
<td>22%</td>
<td>1,2,4,5,13</td>
</tr>
<tr>
<td><strong>Frozen Yogurt</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stonyfield Farm Nonfat Frozen Yogurt</td>
<td>1/2 cup</td>
<td>100</td>
<td>0%</td>
<td>0.0</td>
<td>0</td>
<td>60-70</td>
<td>20-26</td>
<td>0</td>
<td>18-22</td>
<td>4</td>
<td>15%</td>
<td>1,2,4,5,7,13</td>
</tr>
<tr>
<td>Haagen-Daz Frozen Yogurt</td>
<td>1/2 cup</td>
<td>180</td>
<td>11%</td>
<td>2.0</td>
<td>1</td>
<td>40</td>
<td>34</td>
<td>0</td>
<td>27</td>
<td>7</td>
<td>15%</td>
<td>1,2,15</td>
</tr>
<tr>
<td>Stonyfield Farm Lowfat Yogurt</td>
<td>1/2 cup</td>
<td>120-130</td>
<td>12%</td>
<td>1.1-5</td>
<td>0-1</td>
<td>60-95</td>
<td>22-26</td>
<td>0</td>
<td>19-25</td>
<td>4</td>
<td>15%</td>
<td>1,2,4,5,7,13</td>
</tr>
<tr>
<td>Dreyer’s Slow Churned Yogurt Blends</td>
<td>1/2 cup</td>
<td>100-120</td>
<td>25%</td>
<td>2.5-3.5</td>
<td>1.5-2.5</td>
<td>30-45</td>
<td>16-20</td>
<td>0-1</td>
<td>13-16</td>
<td>2-3</td>
<td>10%</td>
<td>1,2</td>
</tr>
</tbody>
</table>

*Probiotic/Active Live Culture Name:*
1. *Streptococcus thermophilus*
2. *Lactobacillus bulgaricus*
3. *Lactobacillus casei* (specifically *L. casei* DN114004/L. casei Immunitas or Defensis)
4. *Lactobacillus casei* 5. *Lactobacillus acidophilus*
6. *Lactobacillus rhamnosus* (LGG)
7. *Lactobacillus reuteri*
8. *Lactobacillus plantarum*
9. *Lactobacillus fermentum*
10. *Bifidobacterium lactis*
11. *Bifidobacterium infantis*
12. *Bifidobacterium animalis* DN-173 010 (Bifidum Regularis)
13. *Bifidobacterium bifidum*
14. *Bifidobacterium longum*
15. *Lactobacillus lactis*


7  Supermarket Savvy April 2007
Probiotics

What are probiotics?
Probiotics are live organisms that when consumed in certain quantities provide health benefits beyond what a normal healthy diet offers.

What are the benefits of probiotics?
Probiotic products make structure/function claims that describe how a nutrient or ingredient is intended to affect or maintain the body’s normal structure or function. The Food and Drug Administration (FDA) does not regulate these claims, but requires that they must be true and not misleading. According to studies done in published literature, including probiotics in a healthy diet could be useful for:
• Reducing dental cavities in children
• Preventing colds and respiratory infections
• Treating allergies (such as dermatitis and asthma)
• Reducing diarrhea and Irritable Bowel Syndrome symptoms
• Maintaining remission of Inflammatory Bowel Disease
• Aiding in lactose digestion
• Treating vaginal infections
• Improving immunity

<table>
<thead>
<tr>
<th>Probiotic</th>
<th>Product</th>
<th>Structure/Function Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lactobacillus casei DN 114001</td>
<td>DanActive smoothie</td>
<td>Optimizes digestive function Strengthens immune defenses</td>
</tr>
<tr>
<td>Lactobacillus rhamnosus (LGG)</td>
<td>Dannon Danimals smoothie</td>
<td>Decreases risk of infant allergies Alleviates antibiotic associated diarrhea</td>
</tr>
<tr>
<td>Bifidobacterium animalis (Bifidus Regularis)</td>
<td>Dannon Activia yogurt</td>
<td>Maintains a healthy digestive system</td>
</tr>
<tr>
<td>Lactobacillus reuteri</td>
<td>Stonyfield Farm Energy Drink</td>
<td>“Keeping healthy” (gut health, immunity, oral health)</td>
</tr>
<tr>
<td>Streptococcus thermophilus and/or Lactobacillus bulgaricus</td>
<td>Any brand of yogurt or yogurt smoothie</td>
<td>Improves lactose intolerance</td>
</tr>
<tr>
<td>Bifidobacterium lactis (LAFTI B94)</td>
<td>Attune Wellness Chocolate or Granola Bars</td>
<td>Promotes a strong immune system</td>
</tr>
<tr>
<td>Lactobacillus acidophilus La14</td>
<td>Kashi Vive Cereal</td>
<td>Encourages digestive balance</td>
</tr>
</tbody>
</table>

*Adapted from Marry Ellen Sanders’ Probiotics: Benefits and Applications presentation made to American Dietetic Association, September 19, 2006, Honolulu, HI. Available at www.mesanders.com

What are Prebiotics?
Prebiotics are non-digestible food ingredients that help the function of probiotics and boost their effects in your system. They are found in natural food sources such as raw oats, unrefined wheat, artichokes, onions, garlic, bananas, greens, and berries. In addition, additives like inulin, xylose, and oligofructose are common prebiotics found in foods and beverages. (See ingredients list below.)

TIPS

1. Fit probiotic products into a healthy diet by choosing those that are low in fat (≤3 g) and sugar (≤10 g).
2. Probiotic products may be fortified with vitamins and minerals. If you consume a healthy diet full of fruits, vegetables, and whole grains, you may not need the extra vitamins and minerals.
3. Probiotic bacteria are listed in italics at the end of the ingredients on a label. For specific health benefits, look for products with additional probiotics beyond standard S. thermophilus and L. bulgaricus found in yogurt.
4. Eat a diet high in prebiotics to offer a synergistic effect for probiotics.
5. Consult a dietitian for help in finding specific probiotics for your symptoms.
6. Some labels contain warnings for young children, pregnant or lactating women, patients severely ill, or those with a severely suppressed immune system to check with a health professional before consuming products containing probiotics.

Ten Best Picks for Probiotics

Probiotics can be found in foods such as yogurt, kefir (fermented milk beverage), yogurt smoothies, energy drinks, cereal, cheese, juice, bars, and chocolate. This table includes some of the most studied probiotics strains and products that they’re in:

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Product Type</th>
<th>May be helpful for</th>
<th>Probiotic Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attune Wellness Bars</td>
<td>Probiotic Bar</td>
<td>Promoting digestive health and/or strong immune system</td>
<td>Lactobacillus acidophilus (LAFTI L10), Lactobacillus casei (LAFTI 26), and Bifidobacterium lactis (LAFTI B94)</td>
</tr>
<tr>
<td>Brown Cow Yogurt</td>
<td>Yogurt</td>
<td>“Keeping Healthy” (gut health, immunity, oral health)</td>
<td>Lactobacillus reuteri Protectis (L. reuteri ATCC 55730)</td>
</tr>
<tr>
<td>Dannon Activia</td>
<td>Yogurt</td>
<td>GI symptoms</td>
<td>Bifidus regularis (Bifidobacterium animalis DN173010)</td>
</tr>
<tr>
<td>Dannon DanActive</td>
<td>Smoothie</td>
<td>Optimizing digestive function and Strengthening immune defenses</td>
<td>Lactobacillus casei Immunitas (L. casei DN114-001)</td>
</tr>
<tr>
<td>Dannon Danimals</td>
<td>Smoothie for Kids</td>
<td>Infant Allergies, Antibiotic associated diarrhea</td>
<td>Lactobacillus GG/LGG (Lactobacillus rhamnosus ATCCS31-3)</td>
</tr>
<tr>
<td>Kashi Vive</td>
<td>Cereal</td>
<td>Improving digestive balance</td>
<td>Lactobacillus acidophilus La14</td>
</tr>
<tr>
<td>Lifeway Kefir</td>
<td>Cultured Milk Smoothie</td>
<td>Optimizing digestive function, Strengthening immune defenses, and preventing antibiotic side effects</td>
<td>Lactobacillus casei and Lactobacillus rhamnosus</td>
</tr>
<tr>
<td>Stonyfield Farm Organic Yogurt</td>
<td>Yogurt</td>
<td>“Keeping Healthy” (gut health, immunity, oral health)</td>
<td>Lactobacillus reuteri Protectis (L. reuteri ATCC 55730)</td>
</tr>
<tr>
<td>Stonyfield Farm Shift</td>
<td>Energy Drink</td>
<td>“Keeping Healthy” (gut health, immunity, oral health)</td>
<td>Bifidobacterium lactis and Lactobacillus reuteri Protectis (L. reuteri ATCC 55730)</td>
</tr>
<tr>
<td>Stonyfield Farm Organic Frozen Yogurt Pints</td>
<td>Frozen Yogurt</td>
<td>“Keeping Healthy” (gut health, immunity, oral health)</td>
<td>Lactobacillus reuteri Protectis (L. reuteri ATCC 55730)</td>
</tr>
<tr>
<td>Non-heat treated yogurt (look for the “live and active cultures”)</td>
<td>Yogurts and yogurt smoothies</td>
<td>Improving lactose digestion</td>
<td>Streptococcus thermophilus and/or Lactobacillus bulgarus</td>
</tr>
</tbody>
</table>

*Adapted from Marry Ellen Sanders’ Probiotics: Benefits and Applications presentation made to American Dietetic Association, September 19, 2006, Honolulu, HI. Available at www.mesanders.com

Probiotics 101:

**Bacterial Naming:** A bacterial name includes a GENUS, species, and strain. For example, the probiotic Lactobacillus casei DN 114001 is from the genus “Lactobacillus”, the species “casei” and the strain DN114001.

Some companies have developed trade names of common organisms for marketing purpose. These names are denoted by unitalicized, bold face type with capital first letters for both names. So, **Bifidus Regularis** is actually the trade name for **Bifidobacterium animalis** strain 173-010.

**Strain and Dosage:** The effects of probiotics are strain and dose specific! Clinical studies draw conclusions based on the strain of probiotic bacteria used. Just because a product contains *L. rhamnosus*, for example, does not necessarily mean that it provides the health benefits of *Lactobacillus rhamnosus ATCC531-3*. In addition, probiotics benefits are specific to the dosages studied. (For specific amounts and probiotics strains you can download slides from a talk titled “Probiotics: Benefits and Applications” presented by Mary Ellen Sanders, September 19, 2006 at the American Dietetics Association Meeting in Honolulu).

**Live and Active Cultures** are part of fermented dairy foods. “Live and active” does NOT always mean that a product provides probiotic benefits. To have a probiotic effect, the bacterial cultures must be -

- Able to reach the intestine alive after consumption in required amounts (usually 100 million)
- Studied for their health benefits in humans, specifying dosage and bacterial strain
**Consume a diet rich in vegetables**

- **Calcium Calculator**
- **Best Picks for Probiotics**
- **Omega-3 Yogurt**
- **Dannon Danimals**
- **Dannon DanActive**
- **Calcium**
- **Omega-3 Foods Comparison Chart**
- **New Nutrition Label Lingo**
- **Erythritol**
- **Garden of Life Bars**
- **Margarine**
- **Shirley Chambers**
- **Assisted Living**
- **Be Physically Active**
- **Fats & Oils**
- **Harmful Fats—Trans & Saturated**
- **Be Within the Ideal Cholesterol Range**
- **Be Physically Active**
- **Fats & Oils**
- **Harmful Fats—Trans & Saturated**
- **Be Within the Ideal Cholesterol Range**
- **Be Physically Active**
- **Fats & Oils**
- **Harmful Fats—Trans & Saturated**

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**Probiotic Resources**

Find recent research on probiotics at USProbiotics.org is sponsored by the California Dairy Research Foundation.

The Dannon Probiotics Center provides lots of useful information on live and active cultures.

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- **8 Copy-ready Tip Sheets**
- **Speaker Notes**

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Special price: **$69.00**

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- **Shopping for Heart Health**
- **Be Physically Active**
- **Fats & Oils**
- **Harmful Fats—Trans & Saturated**
- **Trans Fat Free Comparison Chart**
- **Omega-3 Fats**
- **Omega-3 Foods Comparison Chart**
- **New Nutrition Label Lingo**

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   Credit Cards accepted: MC, VISA, AmXP, Diner’s Club and Discover  
   $10 will be added for billing.  
   In Texas add 7.25% tax

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