

Activity: Probiotic, Prebiotic or Neither?

- We are now going to go through some examples of foods
- Guess if it is a **Probiotic Food**, a **Prebiotic Food**, or **Neither**
- ** Fermented foods will be considered a Probiotic for this activity



1) Dill Pickles



1) Dill Pickles



Neither!

2) Banana

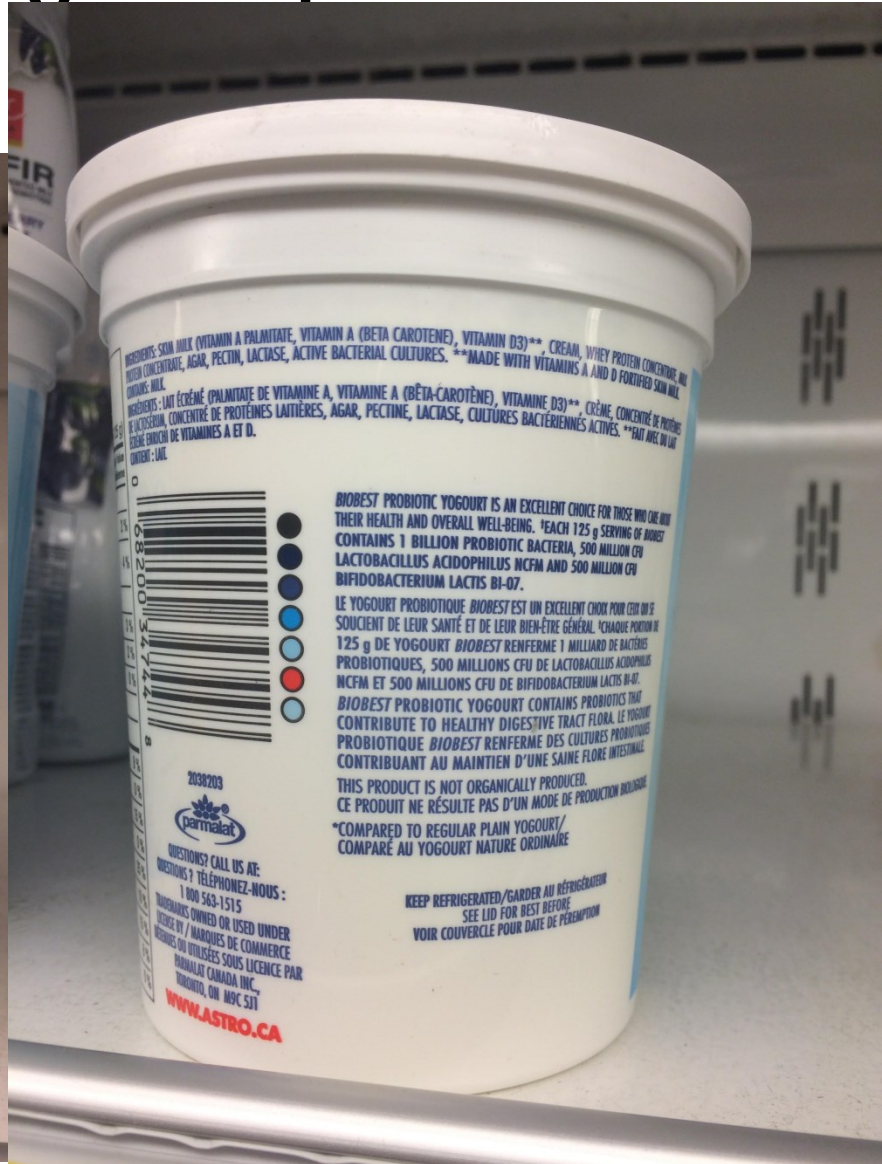


2) Banana



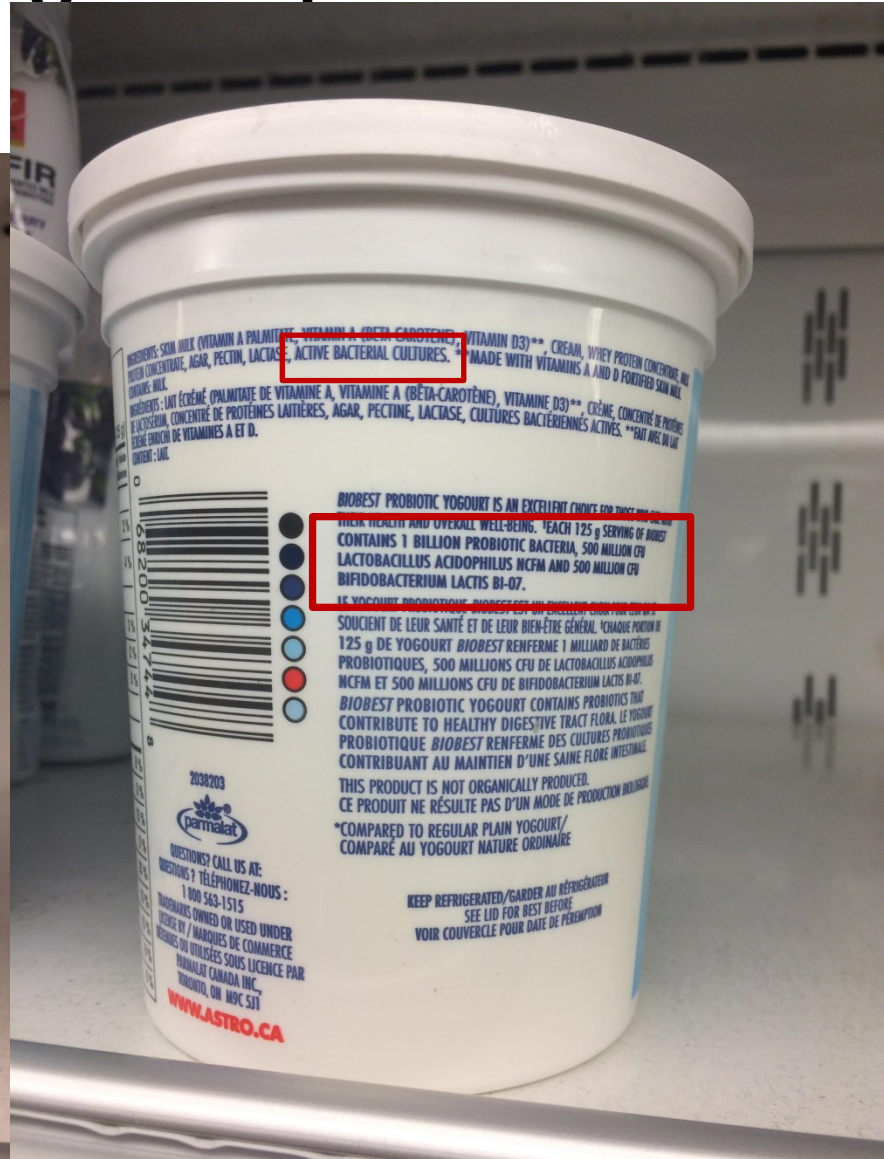
Prebiotic

3) v



3) v

Probiotic!



4) Onion



4) Onion



Prebiotic

5) White Bread



5) White Bread



Neither!

6) Asparagus



6) Asparagus

Prebiotic



7)Garlic

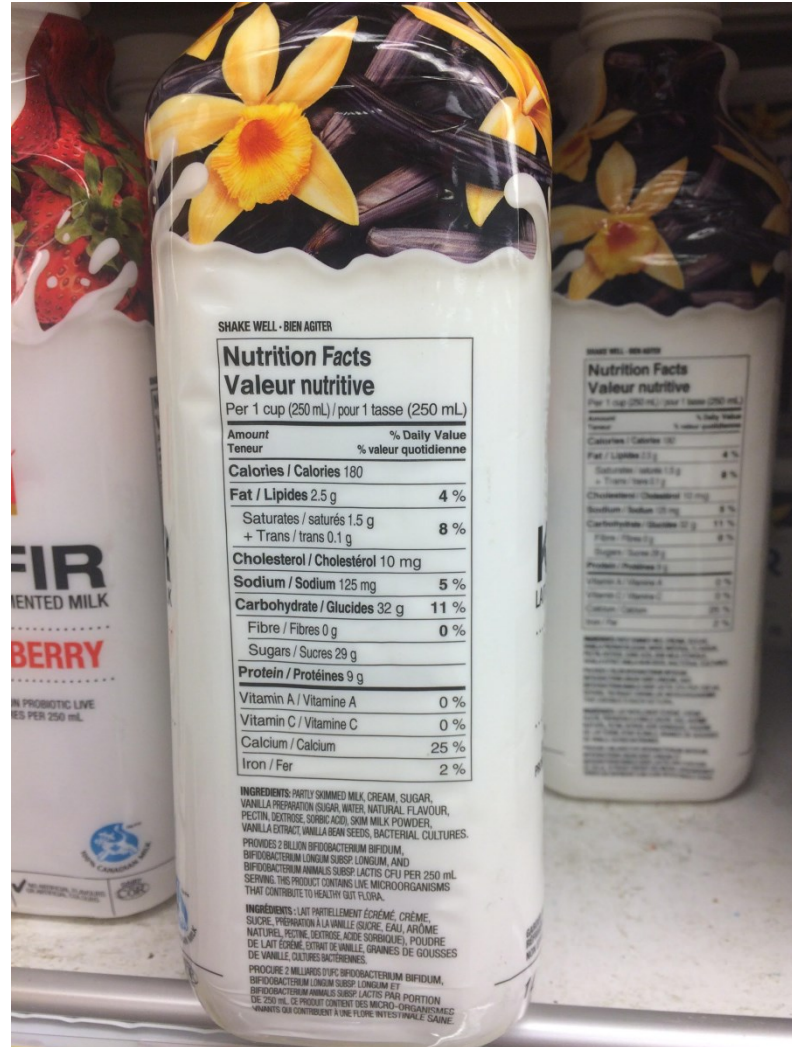


7) Garlic



Prebiotic

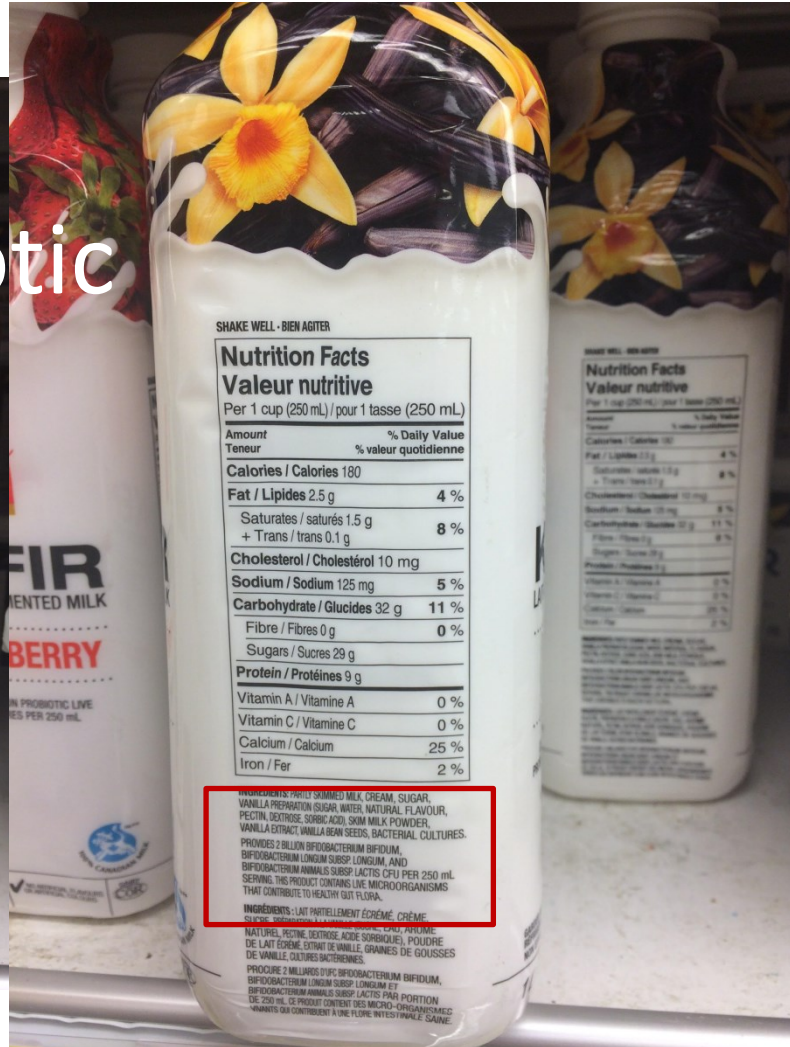
8) Kefir (Fermented Milk)



8) Kefir (Fermented Milk)



Probiotic



9) Chocolate



9) Chocolate



Neither!

10) Fermented Sauerkraut

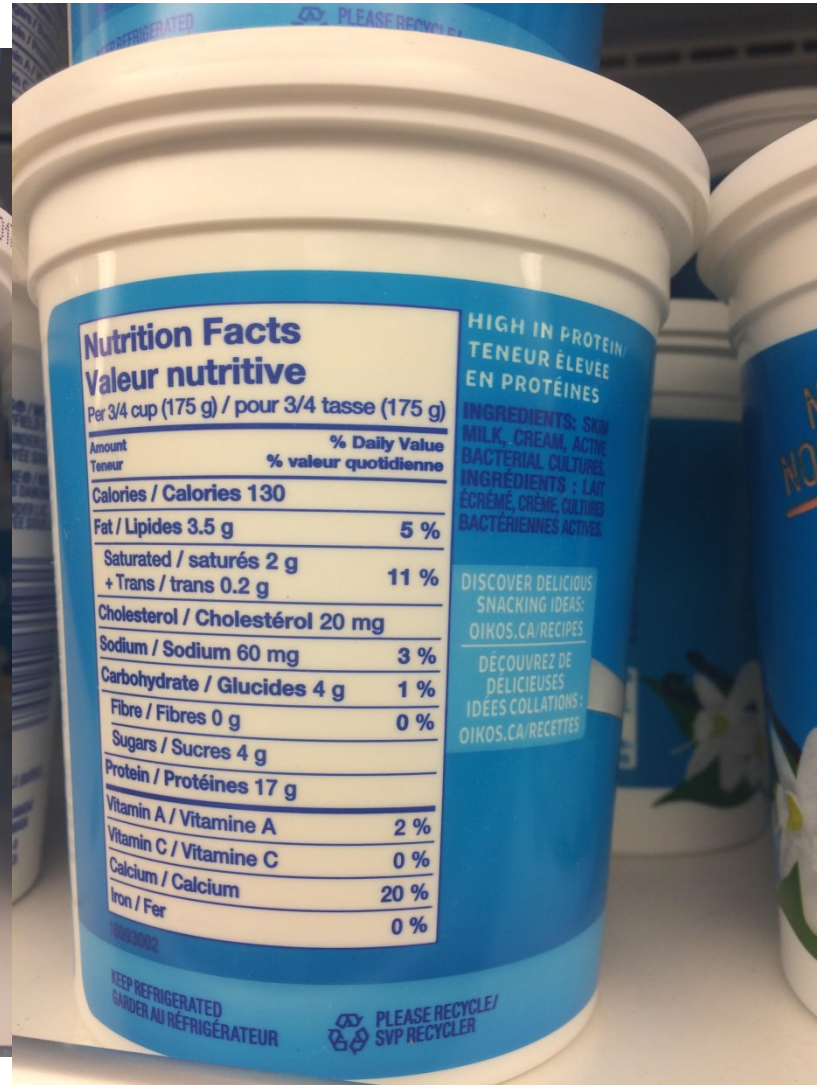


10) Fermented Sauerkraut

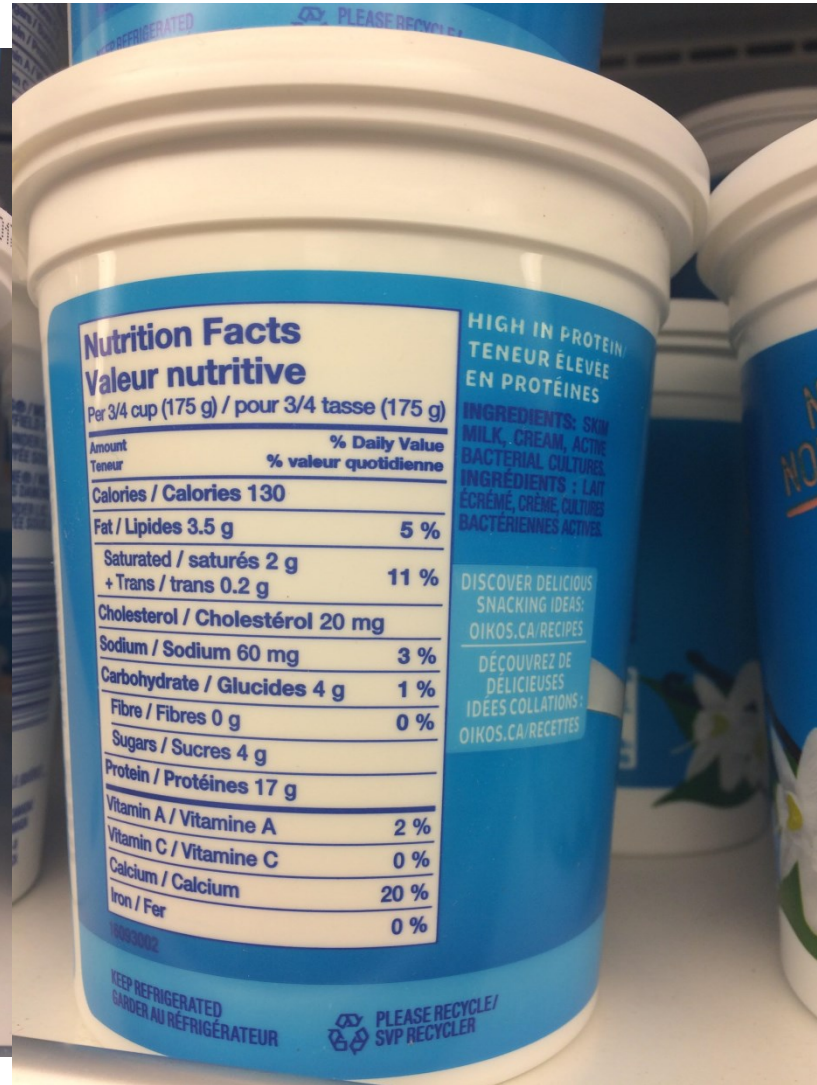


Probiotic

11) Greek Yogurt



11) Greek Yogurt



Juice



Juice

Probiotic

