

COASTLINE ELDERLY NUTRITION NEWS

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What do you know about Probiotics?

What are Probiotics?

Probiotic literally means "for life." The best way to think of probiotics is as live, microbial cultures consumed or applied for a health benefit.

Why Probiotics?

Scientists are learning more each day about the role of microbes in keeping people healthy and the multitude of health benefits associated with consuming the right type and levels of probiotic microbes.

Research has suggested that probiotic bacteria can:

- _ Maintaining digestive health
- _ Help reduce the risk of certain diarrheal illnesses
- _ Assist lactose intolerant people with lactose digestion
- _ Enhance the immune function

Some preliminary studies also report that certain probiotics can play a role in decreasing *Helicobacter pylori* colonization of the stomach, helping patients cope with side effects of antibiotic therapy, managing relapse of some inflammatory bowel conditions, decreasing the risk of certain cancers, decreasing dental-carries-causing microbes in the mouth, and keeping healthy people healthy.

Where do I get probiotics?

Most probiotic products are either foods or dietary supplements. Probiotics are mostly added to:

- _ Fermented dairy products such as yogurt and cheese

And possibly also:

- _ Granola and candy bars
- _ Frozen yogurt
- _ Juice
- _ Cookies

Source: www.usprobiotics.org or www.innovatewithdairy.com.

Meals on Wheels and Sodium

Our meals provide up to 1300 mg of sodium. The current recommendation for sodium is 1500-2300 mg of sodium each day. Let's see how our meals fit into the recommendations:

Breakfast	aim to consume	350 – 400 mg of sodium
Lunch: Meals on Wheels	provides	600 – 1300 mg of sodium
Dinner	aim to consume	550 – 650 mg of sodium
TOTAL:		1500 – 2350 mg of sodium