

Pre-biotic vs. Pro-biotic Food

	Prebiotics	Probiotics
What is it?	Non-digestible parts of foods.	Live beneficial bacteria.
How is it produced?	Goes through the small intestine undigested, and gets fermented in the large colon.	Created naturally by fermentation of food. Are available as pills or added in products like yogurt and health drinks.
Type?	Special form of dietary fibers that are fertilizers for the normal flora in the gut.	Live bacteria that can be found in some food.
Main Difference?	The fermentation process feeds the normal flora and Nourishes the bacteria already present in the digestive system.	Ex. Lactobacillus in yogurt and Bifidobacterium in some dairy products. Competes with the bacteria already present in the gut.
Affected by?	Powdered prebiotics are not affected by heat, cold, acid or time.	Bacteria must be kept alive and active. Killed by heat, stomach acid, and die with time.
Use?	Can be helpful with a wide range of disorders such as obesity, bone loss and digestive disorders.	Can be helpful for childhood diarrhea, irritable bowel disease and recurrent bowel infections.
Food?	Chicory Roots, Onions & Garlic, Oatmeal, wheat bread & wheat bran, asparagus, dandelion greens, Jerusalem artichoke, barley, apple with skin.	Fermented foods: Yogurt, kefir (fermented milk), shredded sauerkraut (cabbage fermented by lactic acid bacteria), Tempeh (fermented soybean), Kimchi (fermented, spicy Korean side dish), Miso (Japanese seasoning), Kombucha (fermented black or green tea drink), pickles, traditional butter milk, Natto (fermented soybean), some types of cheese.

References:

<https://www.prebiotin.com/prebiotin-academy/what-are-prebiotics/prebiotics-vs-probiotics/>