

#HEALTH & FITNESS

Probiotics — the functional food

Functional food refers to any food that offers more than their basic nutritional value. These have an additional function (other than their primary function), like being able to counteract or remedy certain diseases/ conditions, and they do this by adding new ingredients, or more of already-existing ingredients to our diet.



Probiotics, also known as ‘good bacteria,’ are the naturally-occurring microbes in the gastrointestinal tract and intestines of humans, which have proven to have multiple health benefits for humans. They produce compounds which inhibit the growth of many pathogenic bacteria, like the ones which cause diarrhoea.

Probiotics also help maintain intestinal conditions that will stop growth and colonisation of pathogenic microbes, and thus, they are known to have anti-diarrhoea effects. They are known to help those with lactose intolerance and alleviate symptoms related to lactose intolerance.

Studies have found that probiotics

help people with arthritis. They have a direct effect on the mediators of the immune system which are responsible for the inflammation that is associated with arthritis.

Moreover, probiotics are important in down-regulating inflammation associated with atopic eczema and many food allergies, especially milk allergies. These ‘good bacteria’ have also shown to control blood pressure and blood cholesterol levels.

One of their most important properties is that they can fight gastritis, gastric ulcers, and gastric cancer. In addition, probiotics can help treat bowel disorders and can reduce abdominal pain, flatulence and constipation.

Last, but definitely not the least, is the role of probiotics in preventing tumour formation. They not only inhibit growth of tumour cells, but also detoxify ingested carcinogens that may be present in the food we take, like processed meat or sugary soft drinks.

Although probiotics are present in our intestines naturally, it does not hurt to add to their amount, and that is where probiotic-enriched food come into action. While these may be taken in the form of capsules or tablets as regular supplements, there are certain food items that are enriched with them. These not only provide you with probiotics but also serve your taste buds well.

Fermented food products (most of which

are readily available in markets in ready-made form) are rich in probiotics and some of the best examples include —

- Yoghurt
- Kefir (fermented milk)
- Fermented pickles
- Kombucha (fermented black or green tea)
- Tempeh (fermented soybean product)
- Traditional buttermilk (leftover liquid from making butter)
- Certain types of cheese like mozzarella, cheddar and cottage cheese
- Green olives (salt-water brined olives undergo a natural fermentation by the lactic acid bacteria which are naturally present on the olive, which has many health benefits)
- Miso paste. Miso is a traditional Japanese seasoning produced by fermenting soybeans and the paste is used on soup, and salads as an alternative to soy sauce.

One can also promote their already-existing probiotics and boost their number and activity without having the need to consume them from external sources. Plant-based foods have shown to stimulate the growth and activity of probiotics present in our gut. Garlics, onions, leeks, asparagus, barley, oats, bananas, apples, flaxseeds, etc. all help probiotics to flourish and significantly increase their efficiency.

By Faiza Khondokar

Photo: LS Archive/Sazzad Ibne Sayed

#PRESS RELEASE

Probiotic yoghurt for a healthy body

Life has changed for all of us. Outbreaks of pandemics have taught us to take care of our body, and not just from the outside, health must be ensured from within. One must increase immunity. Only then will we be able to win the fight against this terrible virus and many others and stay healthy.

The question is how?

Let’s try to find out a bit more about our digestive system and balanced diet. The human body has a variety of micro-organisms in its digestive system, together they are called gut microbiota. Located in our digestive system. They play a role in the metabolism of the human body and help to stay healthy. It also plays a positive role in maintaining the metabolism after taking food and medicine. The role of micro-organisms is also in building the structure of the body. Most importantly, when the body comes in contact with a harmful micro-organism, the gut microbiota tries to resist it. If the body’s immune system is good, it can be prevented. When the body receives beneficial microorganisms through food or supplements, we call them probiotics. This kind of food makes the body healthy and strong from within.

When the immune system is weakened,

the number of infections in the body increases. To take care of the digestive system of the body, we need proper nutritious food. Probiotic yoghurt plays beneficial role in this regard, as it is a healthy dairy product. Probiotic yoghurt



ensures the presence of good bacteria at the right amount. For this attribute, it helps to keep the body’s beneficial bacteria active and functional.

A special aspect of the benefits of probiotic yoghurt is that it reproduces

beneficial bacteria, resulting in a rapid increase in its number in the body. Moreover, it activates the beneficial bacteria and neutralises various harmful chemical elements in the body. It also provides various vitamins and minerals in the body.

The presence of these beneficial bacteria in our digestive system increases our digestive power. By fighting harmful bacteria, it helps to improve the body’s immune system.

People are getting more health conscious. They have learned to evaluate their body’s own needs and prepare food lists checking their nutritional values. It is easier to ensure physical fitness if you have probiotic yoghurt in your daily diet.

If you are thinking about giving probiotic yoghurt a try, you can effortlessly order it by visiting Aarong Dairy’s online shop. You can also find it at all super shops in Dhaka, Chattogram and Sylhet. Aarong Dairy has brought probiotic yoghurt to the market to help consumers improve their quality of life.

At this critical time of the pandemic, let us all pay attention to increase the body’s resistance to the disease. Let’s make probiotic yoghurt part of your daily meal.