

### FIGURE 3: Adding Probiotic<sup>a</sup>- and Prebiotic<sup>b</sup>-Containing Foods and Fermented Foods<sup>c</sup> to Your Plate

Some additional dietary sources of prebiotics are foods that are formulated to contain prebiotics, such as some yogurts, cereals, and nutrition bars. Look for galactooligosaccharides (GOS), fructooligosaccharides (FOS), oligofructose (OF), chicory fiber, or inulin on the product label. Regarding fermented foods, health benefits may not have been established and not all fermented foods contain live microorganisms. Fermented foods containing probiotics should be labeled with the genus, species, and strain designation of the included probiotic.

