

MEET DR GEMMA WALTON ADDITIONAL AUDIO

Audio transcript

Glyn: So, what are good foods that actually are beneficial to our gut microbiota?

Gemma: Okay, so, beneficial foods for the gut microbiota – the best example from nature is breast milk, which obviously we're not going to be having now. But, an infant – its why an infant's gut microbiota – a breast fed infant's gut microbiota – has got a predominance of one of these beneficial bacteria – Bifidobacterium.

So, breast milk is a perfect example of a prebiotic found in nature. We've got other prebiotics that are normally provided as supplements. They're available – you can get them in the diet naturally, but only at very small amounts. For example, a banana might typically contain about half a gram of inulin, but you'd need about five grams of inulin to get a prebiotic effect, so ten bananas would be quite a lot, so actually having supplements of prebiotics are quite a good way of getting prebiotics.