

# DIGESTIVE HEALTH



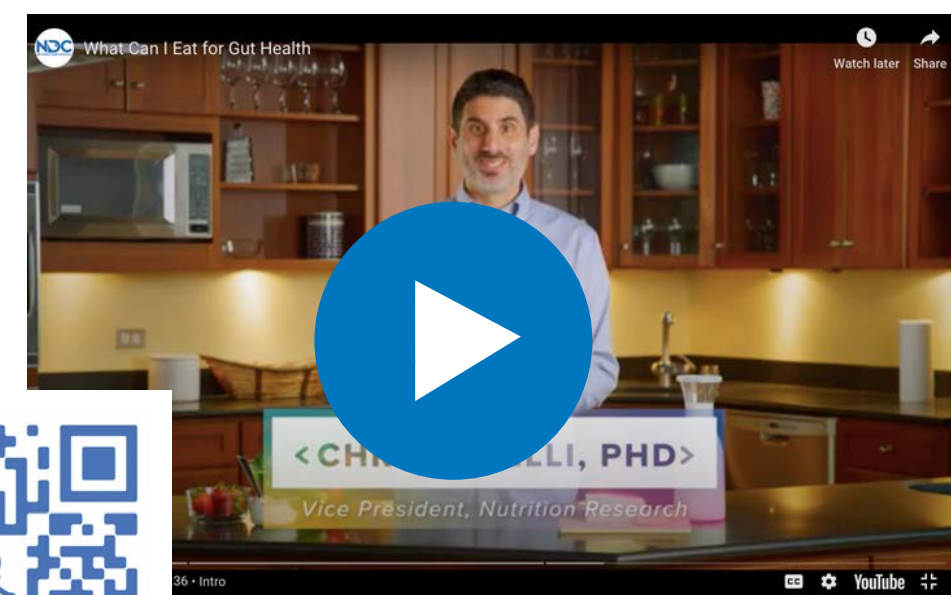
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## DIGESTIVE OR "GUT" HEALTH IS LINKED TO YOUR IMMUNE SYSTEM

The intestinal tract contains the largest number of immune cells in the body so we want to make sure we keep it healthy. The gut is essential for nutrient absorption and critical for ensuring that the foods we eat get properly absorbed.

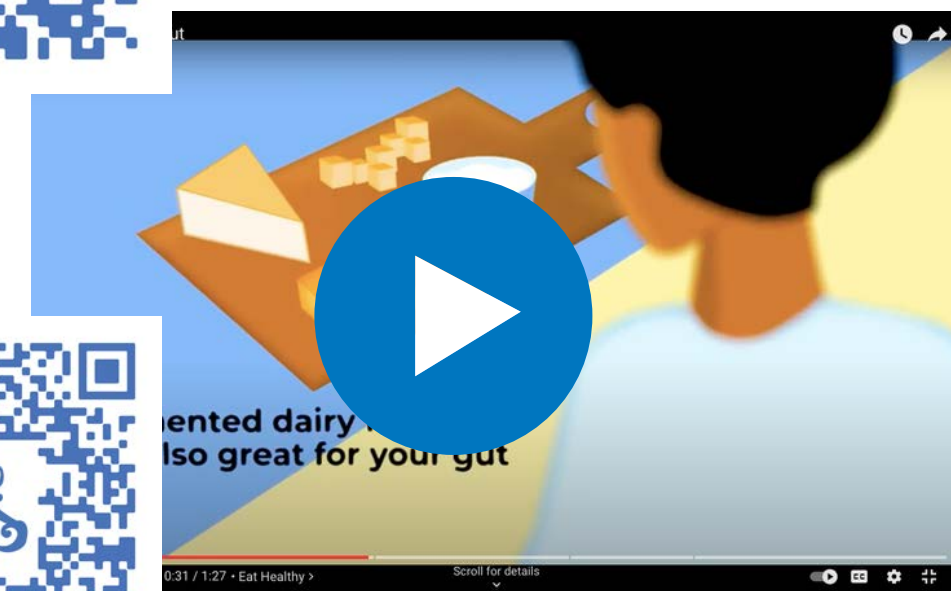
### FOODS FOR GUT HEALTH

Dr. Chris Cifelli, Vice President of Research at the National Dairy Council, talks about gut health and what foods you can eat to have a healthy gut.



### LISTEN TO YOUR GUT

Did you know that your gut health has a direct link to your overall health? Learn about how different products play an important role in your gut and overall health.



### HEALTH BENEFITS OF DAIRY

Dairy foods are accessible, affordable, taste great, come in a number of varieties and provide a unique nutrient profile. Find out how dairy foods can help nourish people as they work to achieve greater health and wellness.



### DIGESTIVE HEALTH: DAIRY, FIBER & MINDFULNESS PODCAST

Dr. Robert Murray & Amanda Saucedo discuss topics on pre and probiotics, lactose intolerance versus milk allergy and strategies for improving overall digestive health through dairy foods, fiber and mindfulness.



For more information visit [WinnersDrinkMilk.com](http://WinnersDrinkMilk.com)

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## EDUCATIONAL HANDOUTS ON PROBIOTICS

Helpful resources on probiotics, dairy foods, and why they're good for digestive health!

### WHAT ARE PROBIOTICS?

You have likely seen the term “probiotic” on foods and dietary supplements, but you may have wondered what probiotics are or how you might benefit from them.



### WHAT IS KEFIR MILK?

What is kefir and why is it good for you? How does probiotics play into this? Find out more in this handout.



### YOGURT'S POPULARITY & ROLE IN HEALTH

Yogurt is a fermented food that contributes important nutrients such as protein and calcium, contains live and active cultures to help digest lactose, and may help promote health in several ways, some of which are described here.



### LACTOSE INTOLERANCE

Did you know that each person with lactose intolerance is likely able to tolerate varying degrees of lactose? Check out these 12 tips so you don't have to give up your favorite dairy foods and the great taste and health benefits that come with them.



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