



ARTICLE

## Probiotics for kids - a healthy choice for your baby

3 mins read

Probiotics have an important role to play in health and nutrition ranging from restoring good bacteria in the body to being helpful in conditions like irritable bowel syndrome, common cold and others.

The majority of adults use probiotics for their benefits, but are probiotics for kids safe? Here's what you need to know before choosing one for your child.

### **What is a Probiotic?**

Within the body, we have an entire community of microorganisms called a microbiome. It's made of good and bad bacteria, viruses, and fungi. These microorganisms play an important role in digestion, absorbing nutrients, and also fighting with other germs.

In a normal healthy body, a proper balance is maintained however when the balance of good and bad bacteria in the body gets tipped, there are chances of infection.

Probiotics contain live, good bacteria that are naturally found in our body. They may have a type of bacteria or a blend of several kinds. They play an important role in restoring the balance of healthy bacteria in the body.

### **Does it support the Immune system**

The digestive system plays a key role in the absorption of vitamins, minerals and other nutrients – including the ones that are vital for the immune system. A healthy balance of bacteria in the gut ensures that the food is easily digested and its nutrients are absorbed properly.

Moreover, good bacteria provides a barrier against any harmful bacteria. Not only do they fight off the germs; good bacteria also use the food available in the gut, leaving no room for bad bacteria to grow. A healthy population of good bacteria also keeps the digestive system healthy by keeping inflammation under control, balancing pH and helping to ease digestion.



### **Probiotics in your child's diet**

Probiotics can be found in many foods such as home-made dahi, yogurt with added Probiotic and kefir. Another good source of probiotics is fermented foods. These foods like, Idli, dosa, dhokla are prepared by fermenting rice and lentils. Fermented cheese like mozzarella, Indian cheese or paneer, and cheddar cheese also contain good bacteria. You can also opt for Health Drink such as NANGROW with the benefit of probiotic without any added sugar.

### **Are Probiotic Supplements Essential for kids?**

In essence, Probiotics help replenish "good bacteria" which helps in digestion, in better functioning of the immune system and in preventing certain infections. If your child is a picky eater, falls sick often and is put on antibiotics time and again, then it's important that you consult your doctor to start appropriate probiotic supplements which helps build immunity for the child.