

Listen To Your Gut...



(NAPSA)—A recent “Digestive News” survey conducted by Kraft Foods found that although Americans know they need to incorporate more fiber into their diet, more than 75 percent of those surveyed find it challenging to do so.

For the 60 percent of Americans that report suffering from digestive health issues, eating foods that contain prebiotic fiber help to maintain a healthy digestive system.

What Is Prebiotic Fiber?

Prebiotics are often non-digestible fibers that serve as a food source for good bacteria (called probiotics) in the gut. The balance of good bacteria in the gut may help keep the digestive tract running smoothly and support the body’s natural defenses.

The prebiotic fiber in new Breakstone’s & Knudsen LiveActive Cottage Cheese is inulin, a natural substance derived from sources such as chicory root. Each great-tasting, low-fat 4 oz. serving of cottage cheese contains 3 grams of prebiotic fiber.

“LiveActive Cottage Cheese offers nutritional benefits to help promote a healthy digestive system, which is essential to a person’s health and well-being,” says Jason Hecker, brand manager for cottage cheese at Kraft.

Visit www.Breakstones.com or www.Knudsen.com for more information.