

Prebiotics

Prebiotics vs. Probiotics - While probiotic foods have live bacteria, prebiotic foods feed the good bacteria that already live in your gut. Try prebiotic foods on their own, or pair them with probiotic foods to add a boost.

Prebiotic foods are high in special types of fiber that support digestive health. They promote the increase of friendly bacteria in the gut, help with various digestive problems, and even boost your immune system.

Prebiotic foods have also been shown to improve metabolic health and even help prevent certain diseases. Since fiber content of these foods may be altered during cooking, try to consume them raw rather than cooked to gain the full health benefits.

Support your gut health with prebiotic foods

Prebiotic foods include:

- Bananas** - rich in vitamins, minerals, and fiber, and they contain small amounts of inulin
- Chicory root** - used as a caffeine free replacement,
- Jerusalem artichoke** - may help strengthen your immune system, lower cholesterol,
- Dandelion greens** - has inulin fiber that reduces constipation, increases friendly bacteria
- Garlic** - an antioxidant, anti-inflammatory, hat has lipid-lowering properties
- Onions** - strengthens gut flora, helps with fat breakdown, and boosts your immune system
- Leeks** - are high in vitamin K with an inulin content promote healthy gut bacteria and help break down fat
- Asparagus** - contains inulin improve your digestive health and maintain good levels of glucose and insulin
- Barley** - contains Beta-glucan a prebiotic fiber that promotes growth of friendly bacteria in he digestive tract
- Whole Oats** - contain large amounts of beta-glucan fiber, as well as some resistant starch
- Apples** - the pectin in apples has prebiotic benefits
- Konjac root** - promotes the growth of friendly bacteria in your colon and may help relieve constipation
- Cocoa** - Theobrama cacao tree has rich sources of polyphenols and antioxidant and anti-inflammatory effects
- Burdock root** - rich in inulin and FOS, which support the growth of healthy bacteria in the digestive tract
- Flaxseeds** - fiber in flaxseeds promotes healthy gut bacteria, encourages regular bowel movements
- Yacon root** - rich in prebiotic FOS and inulin
- Jicama root** - high in fiber, including the prebiotic fiber inulin
- Wheat bran** - contains a special type of fiber made of arabinoxylan oligosaccharides
- Seaweed** - rich in vitamins, minerals, antioxidants, and polysaccharides which benefit the immune system

