

**Prebiotic foods:****Fruit:**

- Apples
- Greenish bananas
- Dried fruit without additives
- Grapefruit
- Kiwi
- Nectarines
- Pomegranate
- Watermelon
- White peaches

**Vegetables:**

- Raw asparagus
- Beets
- Chicory
- Dandelion greens: raw
- Fennel
- Garlic: raw
- Jerusalem artichokes
- Leeks: raw
- Onion, Shallots, or Spring Onion: cooked or raw
- Savory Cabbage
- Snow peas

**Grains:**

- Barley \*contains gluten
- Buckwheat \*contains gluten
- Rye \*contains gluten
- Oats \*gluten or gluten free
- Wheat bran \*contains gluten
- Whole grains \*contains gluten

**Legumes:**

- Chickpeas
- Lentils
- Red Kidney Beans
- Soya Beans

**Probiotic Foods:**

We all know about the probiotic supplements that you can take over the counter, which are live strains of bacteria that boost the production of good bacteria in our gut. Probiotic strains support healthy immune responses, maintain our gut lining, decrease the need to utilize supplements and potentially prescribed medications (as mentioned above, always consult with your medical professionals).

- Yogurt (without added sugar) & non-dairy coconut yogurt
- Cheese made from raw milk
- Aged cheeses such as cheddar & gouda
- Quark or quarg cheese

- Labneh or Greek yogurt without added sugar
- Refrigerated unpasteurized cultured veggies
- Olives
- Tempeh
- Miso
- Natto (fermented soy)

#### **Seeds:**

- Sesame
- Sunflower
- Pistachio
- Pumpkin

#### **Drinks:**

- Kefir (fermented milk drink)
- Lassi (dahl-based yogurt drink)
- Kombucha (slightly effervescent, slightly alcoholic sweetened green or black tea)

#### **Condiments:**

- Refrigerated unpasteurized sauerkraut
- Refrigerated unpasteurized pickles
- Fermented soya sauce
- Tamari Sauce
- Kimchi
- Pickled dips and spreads

In addition to feeding our gut prebiotic and probiotic foods it is important to eat foods that further nurture and fuel these systems. So-called **resistant starch** is essential for this. Unlike the starches railed against by many fad diets contributing to fat production, these starches resist digestion and travel through the lower colon, where our microbiome feeds on them to help heal the gut.

- Acacia
- Cold potatoes
- Green Banana flour
- Barley
- Buckwheat groats
- Chicory root fibre
- Flax
- Oats
- Psyllium
- Rice Bran
- Rye
- Wheat bran