

GUT HEALTH: DIETARY SOURCES

CATEGORY	FUNCTION	DIETARY SOURCES
Prebiotic	<ul style="list-style-type: none"> • Made up of indigestible fibers tough enough to make it through your stomach and small intestine undigested. • The “fertilizer” for the probiotics 	<p>Foods with fibers that survive the trip through your stomach to feed the healthy bacteria that live in your small intestine:</p> <p>Artichoke, onions, garlic, banana, asparagus, chicory root, apples, bran, cocoa</p>
Probiotics	<ul style="list-style-type: none"> • Naturally occur in your gut • The “good” microorganisms that live in your intestines. • Help digest foods, destroy disease-causing microorganisms, and create vitamins. 	<p>Fermented foods rich with healthy good-for-you bacteria to help keep the “bad” bacteria in check:</p> <p>Yogurt, buttermilk, cheese, kimchi, pickles, kombucha, miso, sauerkraut, tempeh</p>