

The Food Group They Forgot to Tell you About!

Build Healthy Guts With These Prebiotic & Probiotic Foods

Probiotic Foods

A portion: 2 tbsp, 28 g or 1 oz

- Aged Cheese – Extra/Old
- Apple Cider Vinegar
- Aged Balsamic (2+ years)
- Beer, Unpasteurized
- Cultured Vegetables
- Kefir, Milk
- Kefir, Water
- Kimchi
- Kombucha
- Miso
- Sauerkraut
- Wine, Red
- Wine, White
- Yogurt, Full-Fat, Traditional
- Yogurt, Coconut

Experiencing gas and bloating?

Try cutting down the amount of FOS and GOS foods you are consuming.

Prebiotic Foods (GOS)

A portion: ½ cup

- Milk
- Yogurt/Kefir
- Cheese
- Legumes
(See other side)

Prebiotics Fruits (FOS, Inulin)

A portion: ½ cup

- Apples
- Bananas
- Berries
- Dates
- Figs
- Grapefruit
- Lemons
- Nectarines
- Peaches
- Pomegranate
- Watermelon

Prebiotic Vegetables (FOS, Inulin)

A portion: ½ cup

- Asparagus
- Beets
- Broccoli
- Brussel Sprouts
- Burdock
- Cabbage
- Carrots
- Cauliflower
- Chicory
- Collard Greens
- Dandelion
- Garlic
- Kale
- Leeks
- Onions
- Radish
- Rutabaga
- Spinach
- Tomato



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Resistant Starch (Grains)

A portion: ½ cup, cooked

- Barley
- Brown Rice
- Corn (non-GMO)
- Einkorn
- Kamut
- Oats
- Spelt
- Rye
- Whole Wheat
- Sourdough bread (1 slice)
- Other grains

Resistant Starch (Tubers)

A portion: ½ cup, raw

- Jerusalem artichokes
- Jicama
- Potatoes
- Sweet potatoes
- Other tubers

Resistant Starch (Legumes)

A portion: ½ cup, cooked

- Black Beans
- Black Eyed Peas
- Chickpeas (Garbanzo beans)
- Green Beans
- Green Peas
- Kidney Beans
- Lentils (red, green, brown)
- Navy Beans
- Peanuts
- Soybeans
- Split Peas
- Turtle Beans
- Other legumes

Why Care About Prebiotics?

Prebiotics are type of fiber that feed the good bacteria in the GI tract.

- They are the #1 way to promote growth of residential bacteria
- They are found in foods already noted to have numerous health benefits
- FOS aids colon function, nutrient absorption, and lowers serum cholesterol and triglycerides
- GOS relieves constipation, inhibits growth of pathogens, aids nutrient absorption and synthesis of vitamins, lowers cortisol and reduces anxiety

Why You Need Resistant Starch (RS)

RS escapes digestion and so becomes food for good bacteria in our colon.

- It is helpful for those suffering from Crohn's, Colitis, diverticulitis, constipation and diarrhea.
- It stabilizes blood sugar and increases sensation of fullness
- It improves insulin sensitivity.
- Only has 2 calories per gram.

