FOODS TO SUPPORT GOOD GUT BACTERIA

PROBIOTIC FOODS

DAIRY

- Probiotic yoghurt
- Kefir
- Crème fraîche
- Buttermilk
- Aged cheese (cheddar, gouda, mozarella, cottage)

NON-DAIRY

- Kombucha

SOYBEAN

- Tempeh
- Miso
- Natto
- Tamari
- Soy sauce

VEGETABLES

- Pickles
- Sauerkraut
- Kimchi
- Brined olives
- Pickled beets

BREADS/CEREALS

- Sourdough

PREBIOTIC FOODS

VEGETABLES

- Jerusalem Artichokes
- Onions
- Tomatoes
- Garlic
- Asparagus
- Leeks
- Dandelion Greens
- Chicory Root

FRUITS

- Bananas
- Berries
- Watermelon
- Grapefruit

LEGUMES

- Lentils
- Chickpeas
- Kidney beans
- Black beans
- White beans

WHOLE GRAINS

- Wheat
- Oats
- Barley
- Bran

NUTS & SEEDS

- Flaxseeds
- Almonds
- Pistachio

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