

Probiotic Foods

Probiotics are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host. They are present in many foods and supplements. They help the immune system function properly, aid digestion by breaking down food, prevent harmful microorganisms from proliferating, and produce vitamins and aid in nutrient absorption. They're helpful with antibiotic associated diarrhea, managing digestive issues, reducing colic symptoms and eczema in infants, digesting lactose, treating infectious diarrhea, and managing vaginal infections.

Probiotic Foods List

- acidophilus milk
- buttermilk
- cheese (aged)
- cottage cheese
- fermented meats
- fermented vegetables
- fermented grains
- kefir
- kimchi
- kombucha
- kvass
- lassi
- miso
- natto
- pickled vegetables (raw)
- raw vinegars
- sauerkraut
- sour cream
- tempeh
- yogurt (plain, no added sugar, active cultures)

Prebiotic Foods

Aim for 5 grams in your diet per day. They alter either the composition or function of the gut microbiota. Most are dietary fibers, and so some gas or bloating can result from too much prebiotic. It's recommended to start small to allow the gut to adapt. (look for: galactooligosaccharides (GOS), fructooligosaccharides (FOS), oligofructose (OF), chicory fiber, inulin).

twist OF LEMONS

Prebiotic Foods List

- apples
- asparagus
- artichokes
- banana
- berries
- black beans
- cherries
- dandelion greens
- chicory root
- chickpeas
- eggplant
- endive
- flaxseeds
- garlic
- honey
- jerusalem artichokes (sunchokes)
- jicama
- kefir
- kiwis
- leafy greens
- leeks
- legumes
- lentils
- mangoes
- oatmeal
- onions
- peas
- pears
- quinoa
- radicchio
- tomatoes
- white beans
- whole grains
- yogurt

Polyphenols

- Flavanones, isoflavones, flavonols, anthocyanins, flavones
- cloves, cocoa powder, flaxseed meal, dried sage, blueberry, hazelnut, dried peppermint, dried mexican oregano, black elderberry, dried rosemary, capers, pecan, celery seed, dark chocolate (70% or higher), chestnut, dried thyme, black olives, plums