

1

Eat Foods that Contain Live Cultures

Fermented foods contain live cultures. While fermented foods do not always contain consistent levels of probiotics (specific health-promoting microbes), they may still provide health benefits.

Fermented foods may:

- ↓ inflammatory markers associated with disease
- ↓ symptoms of food intolerances
- ↑ absorption of nutrients like zinc and B vitamins
- ↑ diversity of microbes in the gut

Found in: yogurt, kefir, acidophilus milk, fermented cabbage (lacto-fermented sauerkraut or kimchi), sour pickles (naturally fermented – not the canned kind), miso, and certain cheeses

Helpful strains to look for on labels: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus plantarum*, *Lactobacillus bulgaricus*, *Bifidobacterium infantis*, *Bifidobacterium breve*, *Bifidobacterium longum*

2

Eat Prebiotics

Think of prebiotics as “food” for the healthy bacteria (probiotics) in your gut.

Prebiotics may:

- ↑ absorption of minerals, like calcium
- ↓ intestinal inflammation
- ↓ constipation
- ↓ diarrhea
- ↓ risk of infection

Found in: Banana, asparagus, chicory root, dandelion greens, artichokes, Jerusalem artichokes (sunchokes), garlic, leeks, onions, wheat, barley, rye, soybeans, honey

Also supplemented in foods via: Inulin, oligofructose, fructooligosaccharides (FOS)

3

Eat Foods that Contain Soluble Fiber

A “gel-like” fiber found naturally in foods. It helps protect your digestive system and heart.

Soluble fiber may:

- ↓ diarrhea
- ↓ constipation (makes stool easier to pass)
- ↑ fullness
- ↑ gas (if consumed in large amounts)

Found in: Brussels sprouts, beets, carrots, peas, potatoes, turnips, apple, apricots, peaches, pears, plums, figs, grapefruit, oranges, mango, strawberries, beans (black, kidney, white, garbanzo), lentils, barley, rye, and oats

4

Eat Foods that Contain Insoluble Fiber

A “bulking” fiber that speeds up bowel movements.

Insoluble fiber may:

- ↓ constipation (has a laxative-like effect)
- ↑ speed at which food passes through your intestines
- ↑ fullness
- ↓ risk of colon cancer

Found in: Wheat bran, wheat germ, kale, mustard or collard greens, edible skins of fruits and vegetables, corn, nuts, seeds, and raisins