

GUT HEALTH FOODS HIGHEST IN PROBIOTICS & PREBIOTICS

PROBIOTIC FOODS	PREBIOTIC FOODS
Yogurt	Chicory Root
Kefir	Jerusalem Artichoke
Sauerkraut	Garlic
Kimchi	Onions
Kombucha	Leeks
Miso	Asparagus
Tempeh	Bananas (unripe/green)
Pickles	Oats
Fermented Soy (e.g., Natto)	Barley
Buttermilk	Legumes (lentils, beans, peas, etc)
Probiotic Supplements	Apples
	Flaxseeds
	Cocoa
	Dandelion Greens
	Seaweed
	Avocado

Pro Gut Health Foods For Creators

Brendan G. Carr



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