

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

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