Foods Rich in **Pre**biotics

Food:	Beneficial Properties:	How it can help:
Apples	Pectin, polyphenol antioxidants	Increases short-chain fatty acid(butyrate), decreases harmful bacteria, improved digestive health, fat metabolism, lower cholesterol and reduced risk of some cancers
Asparagus	Inulin, antioxidants, anti-inflammatory	Promotes healthy microbiome and prevention of some cancers
Bananas	Small amount of inulin, high in resistant starch	Reduction of bloating and supporting healthy microbiome
Barley	Beta-glucan, selenium	Supports healthy microbiome, lower cholesterol, balance blood sugar, thyroid function, and boosting the immune system
Burdock Root	Inulin & FOS, antioxidant and anti-inflammatory	Helps to inhibit harmful bacteria, supports healthy bowel movements, immune system, and optimizing blood sugar
Chicory Root	Inulin plus Antioxidant Compounds	Nourishes microbioime, improves digestion, can help increase bile production.
Cocoa	The breakdown of cocoa beans produces nitric oxide and a good source of flavanols	Promotes healthy bacteria, nitric oxide very beneficial for cardiovascular system
Dandelion Greens	Inulin fiber, anti-inflammatory, diuretic, antioxidant, anti-cancer, and balancing cholesterol	Helps to reduce constipation, increase 'good' bacteria and supporting the immune system
Flaxseeds	Soluble fiber from mucilage gums, and insoluble cellulose, lignin; phenolic antioxidants	Support healthy bacteria, improves bowel movements, reduces amount of fat that is digested and absorbed, balancing blood sugar

Foods Rich in **Pre**biotics

Garlic	Inulin, FOS (fructooligosaccharides), antioxidant, anti-cancer, antimicrobial	Promotes growth of Bifidobacteria, prevents disease-promoting bacteria, may help reduce risk of heart disease and benefits against asthma
Jerusalem Artichoke	Inulin, thiamin, potassium	Helps increase 'good' bacteria in the colon, strengthen immune system, prevention of some metabolic disorders, support nervous system and proper muscle function
Jicama Root	Inulin, vitamin C, Amino Acids	Helps to improve the digestive system, balancing blood sugar, enhancing insulin sensitivity, and supporting the immune system
Konjac Root (in skirataki noodles)	Glucomannan	Promotes healthy microbiome, relieving constipation, boosting immune system, lowering cholesterol, weight-loss and carbohydrate metabolism.
Leeks	Inulin, flavonoids, vitamin K	Helps promote healthy bacteria, breaking down fat and supporting the body addressing oxidative stress
Oats	Beta-glucan & resistant starch, phenolic acid	Supporting healthy bacteria, lowering cholesterol, blood sugar control, reduces risk of certain cancers, slowing digestion and appetite control
Onions	Inulin & FOS, quercitin, antioxidant, anti-cancer	Strengthens microbiome, helps with breaking down fats, boosting Nitric Oxide production which benefits the immune and cardiovascular systems
Seaweed*	Water-soluble fiber	May help friendly bacteria, boost immune system, may prevent heart attacks, strokes, and some cancers *(has been studied in animals not humans)

This is for informational and educational purposes only and is **not** a comprehensive list.

Foods Rich in **Pre**biotics

Sweet Potatoes	Resistant starch, potassium	Protect sensitive GI tracts, improve microbiome, can be helpful for diabetics and those with heart disease as well as lower risk of some cancers
Wheat Bran	AXOS (arabinoxylan oligosaccharides), antioxidant and anti-cancer	Supports Bifidobacteria, reduce cramping, abdominal pain, and flatulence
Yacon Root	Inulin and FOS, phenolic antioxidants	Improve healthy bacteria, the immune system, mineral absorption, optimizing blood fat and reduction of constipation

What are Prebiotics?

Pre-biotics are substances that we cannot digest on our own.

- Inulin
- FOS (Fructoogliosaccharides)
- Beta-glucan
- AXOS (Arabinoxylan oligosaccharides)
- Glucomannan
- Pectin
- Galactooligosaccharides
- Resistant Starch

We need bacteria in our GI tract to help with that digestion. In turn, when they digest these substances they produce things such as short-chain fatty acids which we then use to perform metabolic functions. In addition, the bacteria help us with other things such as: absorption of nutrients, protecting us against pathogens, supporting our central nervous and immune systems and strengthening the integrity of the GI tract. It is a win-win scenario!

This is not a comprehensive list and is for educational purposes only. These statements have not been evaluated by the Food & Drug Administration. These foods are not intended to diagnose, treat, cure or prevent any disease.