

# Foods Rich in Probiotics



Food:	Bacteria Rich In:	What They Can Help:
<b>Alfalfa Sprouts</b>	Bacteroidetes, Enterobacteriaceae, Flavobacteriales, Pseudomonadales	IBD, Crohn's and UC, vitamin K and B12 deficiencies, prevention of food born bacterial infections, support absorption of iron in iron deficiency anemia.
<b>Apples</b>	Actinobacteria(Bifidobacterium, Collinsella), Bacteroidetes, Microbacteriaceae, Nocardoidaceae, Sphingomadaceae	Reducing risk of atherosclerosis, allergies, autism, IBS, IBD, Crohn's, UC, Colorectal cancer, celiac, type 1 & 2 diabetes, inflammation, eczema
<b>Bean Sprouts</b>	Enterobacteriaceae	IBD, Crohn's, UC, vitamin K and B12 deficiencies as well as helping with iron absorption in iron deficient anemia
<b>Bell Peppers</b>	Actinobacteria (Bifidobacterium, Collinsella), Enterobacteriaceae, Micrococcaceae	Prevention of food born bacterial infections. Helpful for vitamin K and B12 deficiencies as well as supporting absorption of iron in iron deficiency anemia. Reduction of risk of atherosclerosis, allergies, IBS, IBD, Crohn's & UC, colorectal cancer, celiac disease, Type 1 & 2 diabetes, inflammation, obesity, eczema and autism
<b>Grapes</b>	Acetobacteraceae, <i>Akkermansia mucinophila</i> , Bacillaceae, Firmicutes(Anaerotruncus, Butyrivibrio, Clostridium, Coprococcus, Faecalibacterium, Lactobacillus, Pseudoflavonifractor, Roseburia, Ruminococcus, Vellonella)	Reducing risk of diabetes, decreasing inflammation, IBS & IBD, Crohn's and UC, lowering total and LDL cholesterol, decreasing blood clots. Increasing vitamin D. Prevention of colorectal cancer. Leaky gut syndrome, increasing absorption of calcium and B vitamins and prevention of allergies

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

Source: Dr. Stephen Wengen, IBS Treatment Center, Seattle, Washington

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<p><b>Lettuce</b></p>	<p>Enterobacteriaceae, Firmicutes, Pseudomonadales, Leconostocaceae(lactobacillales), Xanthomonadaceae</p>	<p>IBS, IBD, Crohn’s &amp; UC, prevention of food borne bacterial infections, colon cancer, helpful for leaky gut syndrome, lactose intolerances, increasing absorption of calcium, B vitamins and iron in iron deficiency anemia</p>
<p><b>Mushrooms</b></p>	<p>Actinobacte, Flavobacteriales, Micrococaceae, Pseudomonadaceae, Sphingobacteriaceae</p>	<p>Reducing risk of atherosclerosis, allergies, IBS, IBD, Crohn’s &amp; UC, colorectal cancer, celiac disease, Type 1 &amp; 2 diabetes, eczema, autism, obesity, and seasonal allergies</p>
<p><b>Peaches</b></p>	<p>Actinobacteria, Bacteroidetes, Microbacteriaceae, Sphingomonadaceae</p>	<p>Reducing risk of atherosclerosis, allergies, IBS, IBD, Crohn’s and UC, colorectal cancer, celiac disease, Type 1 &amp; 2 diabetes, inflammation, obesity, seasonal allergies, eczema and autism</p>
<p><b>Spinach</b></p>	<p>Enterobacteriaceae, Firmicutes, Pseudomonadales</p>	<p>IBS, IBD, Crohn’s &amp; UC, colorectal cancer, diarrhea, leaky gut syndrome, reducing lactose intolerance, increasing absorption of calcium, B vitamins and iron in iron deficiency anemia</p>
<p><b>Strawberries</b></p>	<p>Bacillaceae, Enterobacteriaceae, Firmicutes(Anaerotruncus, Butyrivbrio, Clostridium, Coprococcus, Faecalibacterium, Lactobacillus, Pseudoflavinofractor, Roseburia, Ruminococcus, Veillonella)</p>	<p>IBS, IBD, Crohn’s &amp; UC, prevention food born bacterial infections, colorectal cancer, diarrhea, absorption of iron in iron deficiency anemia, reducing lactose intolerance, increasing absorption of calcium, B vitamins and prevention of allergies</p>
<p><b>Tomatoes</b></p>	<p>Enterobacteriaceae, Firmicutes, Leuconostocaceae, Psuedomonadales</p>	<p>IBS, IBD, Crohn’s &amp; UC, reducing lactose intolerance, leaky gut syndrome, increasing absorption of calcium, B vitamins, and prevention of food borne bacterial infections, prevention of allergies</p>