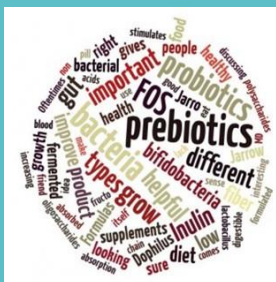






## PROBIOTICS AND PREBIOTICS FOR A HEALTHY GUT



**Probiotics** support a healthy gut microbiome, as well as maintain the integrity of the gut lining, boost immune function, promote healthy inflammatory responses, improve digestive function, help to heal inflammatory bowel conditions, manage and prevent skin conditions, fight food-borne illnesses, and improve psychological function. Probiotics are friendly bacteria that can be found in a variety of foods.

**Prebiotics** are carbohydrate-based sources of fiber that are food for beneficial bacteria in your gut. These fibers help them grow and thrive. Prebiotic fibers are helpful in the treatment of irritable bowel syndrome, inflammatory bowel disease and intestinal permeability. They also help to regulate bowel function.

Prebiotic rich foods			Probiotic rich foods
			
<b>VEGGIES</b>	<b>FRUITS</b>	<b>GRAIN AND LEGUMES</b>	<b>FERMENTED FOODS</b>
Artichokes	Berries	Quinoa	Sauerkraut
Tomatoes	Bananas	Flaxseeds	Kimchi
Onions	Kiwis	Oatmeal	Kombucha
Leafy Greens	Cherries	Lentils	Kefir
Asparagus	Apples	Chickpeas	Yogurt (Dairy and Non-Dairy)
Garlic	Pears	White Beans	Lassi (Indian Yogurt Drink)
Leeks	Mangoes	Black Beans	Natto
			Miso
			Fermented Pickles
			Tempeh

PREBIOTICS	PROBIOTICS
<b>Asparagus:</b> Asparagus is packed with fiber, folate and other B vitamins.	<b>Live cultured yogurt and Kefir:</b> Naturally high in lactobacilli and bifido bacteria, yogurt can also be a healthy source of protein and calcium. Both dairy and non-dairy varieties are available.
<b>Bananas:</b> Bananas contain both soluble and insoluble fiber. This provides a food source for a variety of beneficial gut bacteria.	<b>Kombucha tea:</b> Kombucha is a fermented black or green tea made from live cultures of beneficial bacteria and yeast. It is high in B vitamins, which can also provide an energy boost.
<b>Garlic:</b> Garlic is a good source of inulin as well as contains natural antibacterial compounds. It is also a good source of sulfur compounds and vitamin B6, which aid in metabolism and nervous system health.	<b>Tempeh:</b> Tempeh is a fermented food made from soybeans. Soy is a complete protein, containing all the essential amino acids. Look for organic varieties of soy.
<b>Onions:</b> Onions are a natural source of inulin, which is a type of fiber that feeds beneficial bacteria in your gut.	<b>Kimchi:</b> Kimchi is a traditional Korean food rich in Lactobacillus bacteria. It is also high in fiber and vitamins A and C.
<b>Artichokes:</b> Artichokes are a very high fiber, low glycemic index vegetable. They are also good sources of folic acid and vitamin K.	<b>Sauerkraut:</b> Made from fermented cabbage and other vegetables, sauerkraut contains lactobacilli as well as soil-based organisms. It is a good source of vitamins C and K, calcium, magnesium and iron.


All Vibrant Wellness patients have the opportunity to work with our team of Clinical Dietitians. To schedule an appointment please call: Toll-Free 866-364-0963

# What are Polyphenols?

Polyphenols (*pol-ee-fee-nawls*) are chemical compounds that come from plants. They are used by your gut bacteria to make beneficial substances for you, and they help to keep your gut bacteria balanced by some of their antimicrobial effects.

Eating more polyphenol-rich foods has been shown to create an optimal gut bacterial balance, which, in turn, can reduce your risk for many diseases. If you have a decreased abundance of some beneficial gut bacteria, increasing your intake of polyphenol-rich foods is one thing you can do to improve your gut bacteria balance.



48 Highest Polyphenol Foods to Consume Often			
Higher Polyphenol Content 	Cloves (spice)	Peppermint, dried (herb)	Celery seed
	Cocoa powder	Mexican oregano, dried (herb)	Dark chocolate (70% or higher) *
	Flaxseed meal	Black elderberry (fruit)	Chestnut (nut)
	Sage, dried (herb)	Rosemary, dried (herb)	Thyme, dried (herb)
	Blueberry (fruit)	Capers (herb/seasoning)	Black Olive (veg.)
	Hazelnut (nut)	Pecan nut (nut)	Plum (fruit)
	Green olive (veg.)	Sweet basil, dried (herb)	Curry powder (spice)
	Sweet cherry (fruit)	Blackberry (fruit)	Roasted soybean (seed)
	Milk chocolate *	Strawberry (fruit)	Red raspberry (fruit)
	Coffee	Ginger, dried (root)	Whole grain wheat flour *
	Prune (fruit)	Almond (nut)	Black grape (fruit)
	Red onion (veg.)	Thyme, fresh (herb)	Refined maize flour *
	Soy, tempeh	Whole grain rye flour *	Apple (fruit)
	Spinach (veg.)	Black tea	Red wine
	Green tea	Yellow onion (veg.)	Pure apple juice
	Pure pomegranate juice	Extra virgin olive oil	Peach

\* indicates a food that contains or may contain gluten