

Prebiotic foods VS. Probiotic foods

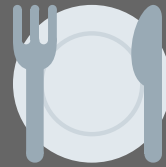
Prebiotics feed the probiotic bacteria in your gut



Food Sources:

garlic
onions
bananas
asparagus
oats
apples
barley
cabbage
radishes

Probiotic foods contain live microorganisms that contribute to a healthy microbial environment in the gut



Food Sources:

yogurt
kefir
sauerkraut
tempeh
kimchi
miso
kombucha
pickles
buttermilk

Nutritional Navigation

Eating for Gut Health

contact for questions

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What makes up the "gut"?

- mouth
- esophagus
- stomach
- pancreas
- liver
- gallbladder
- small intestine
- colon
- rectum

This is where digestion occurs!

Your gut microbiota plays a role in:

- Regulating metabolism
- Processing/detoxifying dangerous chemicals we may ingest
- Preventing the invasion and growth of dangerous pathogens
- Managing your immune system
- Assisting in digestion of food parts your gut cannot handle by itself



The Brain-Gut Connection

- Your gut contains 500 million neurons (cells found in the brain and nervous system that control your behaviors)
- Neurotransmitters (chemicals that control your feelings and emotions are produced in the gut)
- Gut microbes communicate with the brain during times of inflammation to decide what is passed into the body and what is excreted
- Short chain fatty acids can be produced in the gut and are important for the maintenance of the barrier surrounding your brain

95% of the body's serotonin is stored in the gut



Get started!

GO

- EAT MORE:
- prebiotic-rich foods- garlic, onions, bananas, leeks
 - fermented foods- kimchi, kombucha, miso, sauerkraut, kefir, tempeh
 - cruciferous vegetables- kale, cabbage, cauliflower, broccoli, brussel sprouts

While there is still more research to be done considering gut health, clinical evidence shows that eating a varied diet full of plants promotes a thriving microbiome.

The largest component of your body's immune system, is found in your gut. To build internal resilience and strength feed your gut microbiota a vibrantly colored, diverse diet.