



Top Probiotic & Prebiotic Foods

Heal your gut and boost your overall well-being with these probiotic and prebiotic-rich foods.

8 PROBIOTIC-RICH FOODS

Boost Your Gut

Probiotic foods replenish your healthy gut bacteria and increase microbiome diversity. Aim for 1-2 servings of probiotic-rich foods each day.



COCONUT YOGURT

CHOOSE PLAIN, FULL-FAT, UNSWEETENED VARIETIES. AND ALWAYS CHECK THE LABEL FOR 'CONTAINS LIVE OR ACTIVE CULTURES.'

BRANDS: NANCY'S, NOOSA, ORGANIC VALLEY, SIGGI'S, & SO DELICIOUS



OLIVES

EXCELLENT FOR USE IN MEDITERRANEAN DISHES OR TO HAVE AS A SNACK.

BRANDS: DIVINA, THRIVE MARKET, MEZZETTA



SAUERKRAUT

THIS IS SHREDDED CABBAGE THAT'S BEEN FERMENTED BY LACTIC ACID BACTERIA. CHOOSE UNPASTEURIZED VERSIONS THAT HAVE LIVE, ACTIVE CULTURES.

BRANDS: BUBBIE'S, FARMHOUSE KRAUT, EDEN ORGANICS



MISO (SOY)

MADE FROM FERMENTED SOYBEANS, MISO IS RICH IN NUTRIENTS AND HAS A SALTY FLAVOR.

BRANDS: MISO MASTER, MUSO, OR EDEN FOODS



KIMCHI

A SPICY, TRADITIONAL KOREAN DISH MADE WITH FERMENTED VEGGIES LIKE CABBAGE, RADISH, OR CUCUMBER.

BRANDS: MOTHER IN LAWS, WILD BRINE, CLEVELAND KITCHEN



TEMPEH (SOY & GRAIN)

THIS HIGH-PROTEIN FOOD IS MADE FROM FERMENTED SOYBEANS. SOME TEMPEH BRANDS CONTAIN GLUTEN, SO ALWAYS CHECK THE LABEL.

GF TEMPEH BRANDS: LIGHTLIFE, WESTSOY, SOYBOY, SMILING HARA



KOMBUCHA

A SWEET AND FIZZY FERMENTED DRINK MADE WITH TEA, SUGAR, BACTERIA, AND YEAST.

BRANDS: GT'S ENLIGHTENED, HEALTH-ADE, BREW DR.



NATTO

A JAPANESE STAPLE, NATTO IS A FERMENTED SOYBEAN PRODUCT MADE WITH THE BACILLUS SUBTILIS BACTERIA.

YOU CAN FIND NATTO AT JAPANESE MARKETS OR ASIAN GROCERY STORES.

PROBIOTIC-RICH RECIPES

Boost Your Gut



BERRY COCONUT MILK YOGURT PARFAIT

INGREDIENTS: COCONUT MILK YOGURT, BLUEBERRIES, RASPBERRIES, AND GRANOLA.



PASTA WITH OLIVES

INGREDIENTS: COOKED PASTA WITH PESTO SAUCE OR MARINARA SAUCE AND SLICED KALAMATA OR GREEN OLIVES. TOP WITH FRESH HERBS.



PALEO SAUERKRAUT SALAD

INGREDIENTS: SAUERKRAUT, CARROTS, CELERY, ONION, BELL PEPPER, HONEY, RAW HONEY, APPLE CIDER VINEGAR, OLIVE OIL, & SEA SALT.



BAKED MISO MAPLE GINGER SALMON

INGREDIENTS: SALMON, MIRIN (RICE WINE), MISO PASTE, GINGER, RICE VINEGAR, GARLIC, MAPLE SYRUP, & AVOCADO OIL.



CHICKEN KIMCHI SOUP

INGREDIENTS: KIMCHI, GINGER, GARLIC, COCONUT OIL, CHICKEN BROTH, FISH SAUCE, TAMARI, CHICKEN, LIME,SCALLION, & SALT.



VEGAN TEMPEH EGG ROLL BOWLS

INGREDIENTS: TEMPEH, TAMARI, RICE WINE VINEGAR, SRIRACHA, COCONUT SUGAR, GINGER, GARLIC, SESAME OIL, COLESLAW MIX, GREEN ONIONS, & SESAME SEEDS.



SPARKLING CRANBERRY KOMBUCHA MOCKTAIL

***INGREDIENTS:* KOMBUCHA, CRANBERRY JUICE, GINGER, & ROSEMARY.**

OPTIONAL: GARNISH WITH FRESH CRANBERRIES.



NATTO MISO SOUP

INGREDIENTS: NATTO, MISO PASTE, DASHI, MUSHROOMS,SCALLIONS, & WATER.

8 PREBIOTIC-RICH FOODS

Feed Your Gut

Prebiotics foods are packed with dietary fiber that feed your beneficial gut bacteria. Aim for 1-2 prebiotic-rich foods each day



JERUSALEM ARTICHOKES

JERUSALEM ARTICHOKES, ALSO KNOWN AS SUNCHOKES, ARE PART OF THE SUNFLOWER FAMILY. A 100 GRAM SERVING CONTAINS 2 GRAMS OF THE PREBIOTIC FIBER INULIN. THEY CAN BE EATEN COOKED OR RAW.



ASPARAGUS

THIS POPULAR GREEN VEGGIE IS LOADED WITH ANTIOXIDANTS AND SOLUBLE FIBER, SUPPORTING YOUR IMMUNE AND DIGESTIVE HEALTH.



ONIONS

THIS VERSATILE VEGGIE IS RICH IN THE PREBIOTIC FIBERS INULIN AND FOS, WHICH PROMOTE HEALTHY DIGESTION.



GARLIC

THIS FLAVORFUL HERB IS PACKED WITH IMMUNE-BOOSTING BENEFITS. BUT IT'S PREBIOTIC FIBERS ALSO PROMOTE THE GROWTH OF BIFIDOBACTERIA IN THE GUT.



BANANAS

GREEN, UNRIPE BANANAS ARE HIGH IN RESISTANT STARCH, WHICH HAS ACTS AS FOOD FOR YOUR FRIENDLY GUT BACTERIA. RIPE YELLOW BANANAS HAVE THIS FIBER AS WELL, BUT IN SMALLER AMOUNTS.



CHICORY ROOT

PART OF THE DANDELION FAMILY, CHICORY IS PACKED WITH THE PREBIOTIC FIBER INULIN. IT'S COFFEE-LIKE TASTE MAKES IT A GREAT OPTION FOR THOSE LOOKING TO CUT CAFFEINE.

BRANDS: FRONTIER & MONTERREY BAY



DANDELION GREENS

THESE GREENS HAVE A BITTER, SPICY KICK SIMILAR TO ARUGULA AND ARE PACKED WITH PREBIOTIC FIBER.



BEANS/LEGUMES

ALL BEANS AND LEGUMES ARE RICH IN PREBIOTIC FIBERS. TO ENHANCE DIGESTIBILITY (AND PREVENT GAS), ALWAYS SOAK DRIED BEANS OVERNIGHT AND COOK THEM WELL.

PREBIOTIC-RICH RECIPES

to feed your gut



ROASTED JERUSALEM ARTICHOKES

INGREDIENTS: JERUSALEM
ARTICHOKES, OLIVE OIL, GARLIC
POWDER, SALT, PEPPER &
PARSLEY LEAVES.



LEMON GARLIC ROASTED ASPARAGUS

INGREDIENTS: ASPARAGUS,
OLIVE OIL, GARLIC, GARLIC
POWDER, LEMON, SALT &
PEPPER.



ROASTED GARLIC MASHED CAULIFLOWER

INGREDIENTS:
CAULIFLOWER, MILK (DAIRY
OR COCONUT), OLIVE OIL,
GARLIC, ROSEMARY, THYME,
SALT & PEPPER.



GLUTEN-FREE FRENCH ONION SOUP

INGREDIENTS: ONIONS,
ARROWROOT POWDER, BEEF
BROTH, COCONUT AMINOS,
APPLE CIDER VINEGAR,
GHEE, THYME, BAY LEAF &
SALT.



SPINACH, BANANA & PEANUT BUTTER SMOOTHIE

INGREDIENTS: BANANA,
SPINACH, ALMOND MILK, FLAX
MEAL, PEANUT BUTTER & ICE
CUBES.



ROASTED CHICORY ROOT COFFEE ALTERNATIVE

INGREDIENTS: CHICORY ROOT
GRANULES, WATER, CINNAMON,
SWEETENER OF CHOICE (HONEY,
MAPLE SYRUP, OR STEVIA).



DANDELION GREENS SALAD WITH BALSAMIC

***INGREDIENTS:* DANDELION
GREENS, STRAWBERRIES, RED
ONION, BALSAMIC VINEGAR,
OLIVE OIL & DIJON MUSTARD.**



EASY THREE BEAN CHILI

INGREDIENTS: OLIVE OIL,
ONION, GARLIC, JALAPENOS,
CHILI POWDER, CHIPOTLE
POWDER, BLACK BEANS,
KIDNEY BEANS, PINTO
BEANS, DICED TOMATOES,
COCOA POWDER, VEGGIE
BROTH, SALT & PEPPER.