



# Eating for...

# Gut Health!



## The Basics of Gut Health!



Probiotics are the “good bacteria” that live in the gut.

- Promote a diverse gut microbiome by consuming probiotics in your diet.
- Probiotics are widely available in everyday foods.
- Look for fermented foods: yogurt, kefir, sauerkraut, miso, kimchi and more!

Prebiotics are the fuel that feeds probiotics

- Resistant starches travel through the digestive tract and become fermented by the probiotics.
- Prebiotic foods include a wide variety of high fiber foods, such as oats, beans, lentils, rice, potatoes.
- A variety of fruits and vegetables should also be consumed as a source of prebiotics as well as an abundance of other health benefits.
- It is important to hydrate when increasing the amount of fiber in the diet to reduce any GI discomfort and promote regularity.

Focusing on these main points can help to restore balance to your gut microbiome and promote an optimal environment for the “good bacteria” to thrive.



## Common Probiotic foods...

- Yogurt
- Sauerkraut
- Kimchi

## Common Prebiotic foods...

- Oats
- Beans
- Potatoes
- Rice

