

GUT BIOTICS CHART

REAL FOOD BACTERIA

We are dependent on certain bacteria to help digest our food, release energy, produce certain vitamins regulate our immune system, and keep us healthy by protecting against disease. Improving the quality of bacteria in our gut can also improve overall brain health, mood, memory, and mental health issues like anxiety and depression

PREBIOTICS

Fibrous foods that feed good bacteria

PROBIOTICS

Live beneficial bacteria found in food

SYNBIOTICS

Foods that contain both pre and probiotics

PREBIOTICS

- Bananas
- Onions
- Leeks
- Garlic
- Ginger
- Apples
- Oranges
- Berries
- Beans
- Legumes
- Artichoke
- Asparagus
- Jicama
- Barley
- Oats
- Quinoa
- Ancient grains
- Greens
- Root vegetables
- Sweet potatoes
- Potatoes
- Flaxseeds
- Chia seeds
- Seeds
- Nuts
- Seaweed

PROBIOTICS

- Sauerkraut
- Raw unfiltered apple cider
- Vinegar
- Miso
- Yogurt
- Kefir
- Cheese
- Kombucha
- Kimchi
- Pickles
- Lemons

SYNBIOTICS

- Apples raw honest
- Spirulina/Chlorella (algae)
- Unpasteurized wheatgrass
- Seaweed
- Coconut
- Cacao
- Sourdough bread

REAL FOODS VS DEAD FOODS



Apple
Shredded coconut
Hemp seeds
Kombucha

Apple Juice
Shredded coconut
Hemp seeds
Kombucha

