MAYO CLINIC
HEALTH SYSTEM

GOOD BACTERIA FOR YOUR GUT

A healthy digestive system promotes a healthy immune system and supports a weight management plan. There are two ways to maintain this — helping the microbes already in your microbiome to grow by giving them the foods they like (prebiotics) and adding living microbes directly to your system (probiotics).

PREBIOTICS

Specialized fibers that stimulate the growth of healthy bacteria

- Jerusalem artichoke
- konjac root
- chicory root
- coconut and coconut flour
- apples
- chia seeds
- banana
- asparagus
- flax seed
- cabbage
- carrots
- leeks
- oats
- yams
- barley
- berries
- garlic
- dandelion greens
- onions
- quinoa
- jicama root
- cocoa
- sweet potatoes
- carrots
- wheat bran
- radishes

PROBIOTICS

Live, active microorganisms

- yogurt
- tempeh
- kimchi
- kombucha
- kefir
- pickles
- miso
- sauerkraut
- kombucha
- some cheeses
  - Gouda
  - mozzarella
  - cheddar
  - cottage
- lactobacillus milk

Sources:
Mayo Clinic | Mayo Clinic Health System
National Institutes of Health

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