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).

**GOOD BACTERIA FOR YOUR GUT**

**PREBIOTICS**
Specialized fibers that stimulate the growth of healthy bacteria

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

**PROBIOTICS**
Live, active microorganisms

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

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