

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 are fibrous foods that feed good bacteria

Probiotics are live beneficial bacteria found in food

Synbiotics are 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 honey
- Spirulina/Chlorella (Algae)
- Unpasteurized wheatgrass
- Seaweed
- Coconut
- Cacao
- Sourdough bread

REAL FOODS VS DEAD FOODS



Apple

Shredded Coconut

Hemp Seeds

Kombucha

Apple Juice

MCT Oil

Protein Powder

Probiotic Supplement

