

1

Eat Foods that Contain Probiotics

Probiotics are healthy bacteria found in your intestines that help promote health. They are found in certain fermented foods.

Probiotics may:

↓ hypersensitivity of the gut (often felt as nausea and pain)
↓ constipation
↑ enzymes that help fight disease

↓ intestinal inflammation
↓ diarrhea
↓ lactose intolerance

Found in: yogurt, kefir, acidophilus milk, fermented cabbage (lacto-fermented sauerkraut or kimchi), sour pickles (naturally fermented – not the canned kind), miso, and certain cheeses

Helpful strains to look for: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus plantarum*, *Lactobacillus bulgaricus*, *Bifidobacterium infantis*, *Bifidobacterium breve*, *Bifidobacterium longum*

2

Eat Prebiotics

Think of prebiotics as “food” for the healthy bacteria (probiotics) in your gut.

Prebiotics may:

↑ absorption of minerals, like calcium
↓ constipation
↓ risk of infection

↓ intestinal inflammation
↓ diarrhea

Found in: Banana, asparagus, chicory root, dandelion greens, artichokes, Jerusalem artichokes (sunchokes), garlic, leeks, onions, wheat, barley, rye, soybeans, honey

Also supplemented in foods via: Inulin, oligofructose, fructooligosaccharides (FOS)

3

Eat Foods that Contain Soluble Fiber

A “gel-like” fiber found naturally in foods. It helps protect your digestive system and heart.

Soluble fiber may:

↓ diarrhea
↑ fullness

↓ constipation (makes stool easier to pass)
↑ gas (if consumed in large amounts)

Found in: Brussels sprouts, beets, carrots, peas, potatoes, turnips, apple, apricots, peaches, pears, plums, figs, grapefruit, oranges, mango, strawberries, beans (black, kidney, white, garbanzo), lentils, barley, rye, and oats

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Eat Foods that Contain Insoluble Fiber

A “bulking” fiber that speeds up bowel movements.

Insoluble fiber may:

↓ constipation (has a laxative-like effect)
↑ fullness

↑ speed at which food passes through your intestines
↓ risk of colon cancer

Found in: Wheat bran, wheat germ, kale, mustard or collard greens, edible skins of fruits and vegetables, corn, nuts, seeds, and raisins