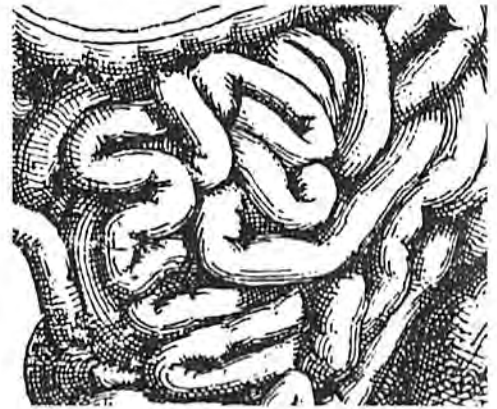


# Diet & Gut Microbes

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**Probiotics** are bacteria that benefit our health. They are found in fermented foods such as yogurt, sauerkraut, and kimchi as well as beverages like kombucha and kefir.

**Probiotic supplements** are not well-regulated so their effectiveness is mostly unknown. The only well-researched probiotic is VSL#3 which is sometimes recommended for individuals with IBD and IBS.

**Prebiotics:** the BEST WAY to promote growth of good gut bacteria. Prebiotic foods feed our intestinal bacteria. The modern Western diet is STARVING beneficial gut microbes because it lacks prebiotics like fiber and resistant starch. Choose high-fiber instead of refined carbohydrates.

## PREBIOTIC FOODS

Asparagus

Jerusalem artichoke

Under-ripe banana

Chicory root

Garlic

Onion

Leek

Jicama

Legumes

Cooked and cooled potatoes

Dandelion greens

It is important to INCREASE FIBER SLOWLY. Some individuals may notice bloating or gas. If you have a low fiber diet, start with 1-2 high-fiber foods per day.

## **Why should I feed my gut microbes?**

Imbalances in this ecosystem can weaken the protective gut lining and lead to a condition known as **leaky gut**. Microbes then escape the gut and trigger **inflammation**.

Inflammation and gut imbalances are seen in **chronic diseases** such as obesity, type 2 diabetes, autoimmune disorders, and Parkinson's.