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.