

PREBIOTICS & PROBIOTICS

Reference Sheet

Foods, Tips & Simple Ways to Support a Healthy Microbiome

A balanced gut thrives on diversity—nourish beneficial bacteria with the right foods, healthy habits, and a little help from nature.



PREBIOTIC FOODS

Feed the good bacteria



Garlic

Rich in inulin and fructooligosaccharides (FOS).



Onions & Leeks

High in prebiotic fibers that nourish beneficial gut bacteria.



Asparagus

Contains inulin, a powerful prebiotic fiber.



Chicory Root

One of the richest natural sources of inulin.



Oats

Contain beta-glucan, a prebiotic fiber.



Apples

Pectin feeds beneficial bacteria in the colon.



Flaxseed

Provides fiber and supports regularity.



Bananas (if tolerated)

Contain resistant starch and inulin.



Jerusalem Artichokes

Extremely high in inulin.

PROBIOTIC FOODS

Supply beneficial microbes



Yogurt

Look for "live & active cultures" on the label.



Kefir

A probiotic-rich cultured milk drink.



Sauerkraut

Fermented cabbage full of beneficial bacteria and enzymes.



Kimchi

Fermented vegetables with diverse probiotic strains.



Miso

Fermented soybean paste that supports gut health.



Tempeh

Fermented soy product with beneficial microbes and protein.



Kombucha

Fermented tea with probiotics (choose low sugar varieties).



Naturally Fermented Pickles

Look for traditionally fermented, unpasteurized options.

FOODS THAT CONTAIN BOTH PREBIOTICS & PROBIOTICS

Double support for your gut



Kombucha

Provides live cultures and organic acids that feed beneficial bacteria.



Fermented Vegetables

Such as sourdough pickles or naturally fermented carrots.



Sourdough

Live cultures from fermentation plus prebiotic fibers from grains.



Some Traditional Fermented Grains

Like fermented oats or kefir-soaked oatmeal.



Yogurt with Fruit & Fiber

Combines probiotics with prebiotic fibers from fruit or added oats/seeds.



Miso Soup with Vegetables

Miso provides probiotics, vegetables provide prebiotic fiber.

STORAGE TIPS

Keep beneficial microbes happy



Refrigerate most probiotic foods (yogurt, kefir, sauerkraut, kimchi, tempeh, miso) after opening.



Check labels: "Live & Active Cultures" means the product contains viable probiotics.



Watch expiration dates on probiotic supplements—the potency decreases over time.



Store probiotics (supplements) away from heat, moisture, and direct sunlight.



Choose traditionally fermented, unpasteurized products when possible for the most benefit.

EASY WAYS TO INCLUDE THEM IN EVERYDAY MEALS



Add a spoonful of yogurt or kefir to smoothies.



Flavor meals with garlic, onions, and leeks.



Top oatmeal with flaxseed, apples, or berries.



Add a side of sauerkraut or fermented veggies.



Enjoy miso soup with vegetables.



Make a colorful salad with a variety of fiber-rich vegetables.



Sip kombucha or herbal tea with meals.

GENTLE START TIPS

Go slow to let your body adapt



Introduce new fiber-rich foods and probiotics gradually.



Start with small amounts and increase slowly.



Drink plenty of water to help fiber move through your system.



Pay attention to how your body responds and adjust as needed.



Consistency over time brings the best results.

Remember:

Every person's microbiome is unique. What works well for one person may not be the perfect fit for another. Listen to your body and be patient.

HERBAL ALLIES FOR GUT SUPPORT

Herbs that traditionally soothe and support a healthy digestive environment:

- Marshmallow • Slippery Elm
- Chamomile • Lemon Balm
- Ginger • Plantain

Hilltop Herbals
& Herbal Journal

Evidence-informed herbal education rooted in nature.



FOOD IS MEDICINE

Nourish your body, feed your microbiome, and support your health—naturally.

