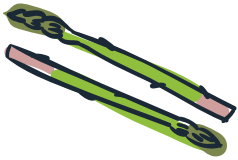


# Be Good to Your Gut

Create a healthy, happy gut by adding these prebiotic and probiotic foods to your meals.

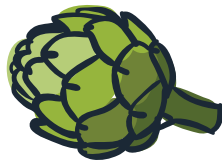
## Prebiotics:

*non-living; usually a special form of fiber*



Asparagus

Artichokes



Bananas

Garlics



Onions



Soybeans

Whole wheat foods



## Probiotics:

*live strains of bacteria/a living organism*



Yogurt

Sauerkraut



Miso

Tempeh



Kimchi

Kefir



## Other tips to promote gut health:

**Increase fiber intake** – Fiber encourages the growth of healthy bacteria which can improve immune function and decrease inflammation.

**Limit added sugars** – Sugar feeds the bad bacteria, leading to inflammation.

**Limit added fats** – High fat foods encourage the growth of the bad bacteria.

**Avoid animal products** – They can increase the growth of bad bacteria that can then cause inflammation and possible chronic conditions.

**Manage stress** – Stress can trigger the inflammatory process and increase your risk for intestinal distress leading to poor absorption and intestinal disorders.