Prebiotic Foods & Herbs List

Prebiotics are naturally-occuring, indigestible carbohydrates found in many plant-based foods and herbs. They're called "prebiotics" because they feed our probiotics (healthy microbes) in the body which allows them to survive, thrive, and multiply.

Fruits

Apples Avocado Bananas Berries Cherries
Green banana flour Kiwi Mango

Veggies

Asparagus Broccoli Cauliflower Dandelion greens
Jerusalem artichokes Leeks Mushrooms Onions
Peas Sweet potatoes Tomatoes

Whole grains & starches

Amaranth Barley Buckwheat Cassava Oats
Potatoes (all) Quinoa Tapioca flour Whole wheat

Nuts & seeds

Almonds Chia seeds Flax seeds Walnuts

Beans & legumes

All beans (i.e. black, kidney, pinto, white) Chickpeas
Lentils Split peas

Herbs & spices

Burdock root Cacao Chicory Dandelion root
Green tea Licorice root Marshmallow root
Psyllium husks Seaweed Slippery elm Triphala

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Prebiotics & FODMAPs

"**FODMAPs**" are fermentable oligosaccharides, disaccharides, monosaccharides and polyols - aka certaint types of carbohydrates that are poorly broken down in the gut.
High FODMAP foods can sometimes trigger or worsen IBS symptoms in some people, especially if you have small intestinal bacterial overgrowth ("SIBO").
Prebiotic foods/herbs can be high FODMAP or low FODMAP.
Use this list as a guide on your journey, and make sure to listen to your body!

High FODMAP prebiotic foods/herbs:

Apples Artichokes Asparagus (more than 1 spear) Avocado Bananas Beans (all) Cauliflower Cherries Chicory Dandelion root Green banana flour Lentils Mango Marshmallow root Mushrooms Onions Slippery elm Triphala

Low FODMAP prebiotic foods/herbs:

Almonds Berries Broccoli (if less than 1/2 cup) Burdock Cacao Cassava Chickpeas (1/4 cup cooked or less) Chia seeds Dandelion greens Flax seeds (ground) Green tea Kiwi Leeks Licorice root Peas Potatoes (regular &sweet) Psyllium husks Seaweed Tapioca Tomatoes Walnuts

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Prebiotics & Fiber

Some people with IBS may thrive on a higher-fiber diet, while other people may find that high-fiber, high-residue foods trigger a flare (especially in cases of IBS-D or IBD).

Refer to the high-fiber and low-fiber prebiotic food lists below and use them as a guide (alongside working with a registered dietitian) to help you determine which prebiotic foods/herbs may be the best fit for your individual needs.

High fiber prebiotic foods/herbs:

All fresh fruits and veggies Amaranth Barley

Beans (all) Buckwheat Cacao powder Chia seeds

Chickpeas Ground flax seeds Lentils Oats Psyllium husks Quinoa Triphala Whole wheat

Low fiber & low residue prebiotic foods/herbs:

Almond butter Burdock root tea Cassava flour

Cooked, peeled, seedless veggies Dandelion greens (cooked or juiced) Green peas (cooked) Green tea

Licorice root (tea/capsules) Marshmallow root tea/capsules

Peeled, well-cooked potatoes (regular or sweet)

Tapioca flour Tomato paste (pureed) Walnut butter

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Wheat, Gluten & *Prebiotics:*

Whole wheat is naturally high in prebiotic **fructans** (a type of fructooligosaccharide), which can be good or bad depending on your individual needs.
A few things to consider before opting for all things "whole wheat":

- Fructans are high in **FODMAPs** which can make some people with IBS and/or SIBO have an adverse reaction due to a fructan intolerance.
- Many people (especially in the U.S.) are prone to a **wheat sensitivity** and may find that eating wheat makes them feel worse.
- Wheat is also a natural dietary source of gluten, so people with **celiac disease** need to avoid wheat due to a gluten allergy.



Gluten free prebiotic foods & herbs include all foods and herbs listed on this PDF, <u>EXCEPT</u>:

- Wheat
- Barley
- Oats (unless specified "gluten free")

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Recap & Next Steps

Thanks so much for choosing to download and read this PDF on prebiotic foods! While this list is not 100% exhaustive, I hope it is thorough enough to help you take the next step on your journey. ;)

The bottom line is that when it comes to prebiotic foods and herbs, there is certainly no shortage of options - and there's something for everyone!

- Prebiotics can be found in fruits, veggies, whole grains, nuts, seeds, and herbs.
- All prebiotics are plant-based.
- They can be high FODMAP or low FODMAP, high fiber or low fiber, gluten free or not.

Prebiotics are meant to complement and enhance the benefits of probiotics. It's generally best to incorporate a variety of prebiotics alongisde probiotics, as part of a balanced diet.

One size never fits all! Work with a dietitian as needed, and don't forget to always listen to your body, first and foremost!

If you'd like more guidance figuring out which foods/herbs will work best for YOU on your health journey, I invite you to order a copy of my **IBS Food Diary** which includes ninja-level food logging templates and tutorials I created to help you crack your Gut Code.



Cheers to better health!

-- Jenna

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