



Whole-istic Living

Probiotic Foods List

Raw, vinegar-free lacto-fermented veggies

- Sauerkraut
- Kimchi
- Pickles
- Other fermented veggies
- Fermented fruits

Lacto-fermented dairy and plant milk alternatives

- Kefir
- Yogurt

Best dairy-based yogurt/kefir

- [Siggi's yogurt & kefir](#)
- [Stonyfield yogurt](#)
- [Nancy's probiotic yogurt, kefir, & more](#)
- [Maple Hill Creamery yogurt and kefir](#)
- [Green Valley Creamery yogurt/kefir](#)

Best coconut milk-based yogurt/kefir

- [Culina yogurt](#)
- [Coconut Cult yogurt](#)
- [Cocojune yogurt](#)
- [GT's Cocoyo living coconut yogurt](#)
- [Homemade coconut milk yogurt \(RECIPE\)](#)

Best cashew milk-based yogurt/kefir

- [The Forager Project](#)

Probiotic fermented soy foods

- Miso
- Natto
- Tempeh

Fermented probiotic tea

- Kombucha
 - [HealthAde*](#)
 - [GT's Synergy Kombucha](#)
 - [Kosmic Kombucha \(Austin, Texas\)](#)
 - [Buddha's Brew kombucha \(Austin, Texas\)](#)
- [Kevita](#)

Probiotic fruit/veggie juice

- Beet kvass
 - [Real Pickles organic beet kvass](#)
 - [Homemade beet kvass](#)



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Prebiotic Food List

Fruits

- Apples
- Avocado
- Bananas
- Berries
- Cherries
- Green banana flour
- Kiwi
- Mango

Veggies

- Asparagus
- Broccoli
- Cauliflower
- Dandelion greens
- Jerusalem artichokes / “sunchokes”
- Leeks
- Mushrooms
- Onions
- Peas
- Sweet potatoes
- Tomatoes

Whole grains and starches

- Amaranth
- Barley
- Buckwheat
- Cassava flour
- Oats
- Potatoes
- Quinoa
- Sweet potatoes
- Tapioca starch
- Whole wheat

Nuts and seeds

- Almonds
- Chia seeds
- Flaxseeds
- Walnuts

Beans and legumes

- Black beans
- Chickpeas
- Lentils
- Pinto beans
- Peas

Prebiotic herbs and spices

- Burdock root
- Cacao powder
- Chicory root
- Dandelion root
- Garlic
- Ginger
- Green tea & matcha
- Licorice root
- Marshmallow root
- Psyllium husks
- Seaweed
- Slippery elm
- Triphala

Prebiotic sweeteners

- Raw honey



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Probiotic & Prebiotic Foods List (with product links & recipes)

Best store-bought probiotic and prebiotic veggies:

- [Bubbie's dill pickles](#) (semi-pasteurized but still contain probiotics)
- [Bubbie's sauerkraut](#) (semi-pasteurized but still contains probiotics)
- [Hamptons Brine organic sauerkraut](#)
- [Pickled Planet \(organic sauerkraut, kimchi, and pickled green beans\)](#)
- [Real Pickles \(organic sauerkraut, kimchi, pickles, beets, and ginger carrots\)](#)
- [Wildbrine fermented probiotic salsa](#)
- [Wildbrine raw kimchi](#)
- [Wildbrine organic sauerkraut](#)
- [Wise Goat Organics kimchi & sauerkraut](#)

Probiotic and prebiotic veggie recipes:

Note: you can make these with or without the garlic and other herbs/spices!

- [Fermented asparagus](#)
- [Fermented broccoli](#)
- [Fermented cauliflower](#)
- [Fermented garlic](#)
- [Pickled peppers](#)
- [Fermented garlicky green beans](#)
- [Fermented okra with dill](#)
- [Lacto-fermented salsa](#)
- [Fermented onions](#)
- [Traditional cabbage sauerkraut](#)
- [Red cabbage sauerkraut](#)
- [Raw kimchi](#)
- [Fermented Jerusalem artichokes / "sunchokes"](#)
- [Fermented leeks](#)
- [Fermented snap peas](#)

Raw, vinegar-free, lacto-fermented probiotic and prebiotic fruit recipes

- [Fermented apples](#)
- [Fermented bananas](#)
- [Honey-fermented berries](#)
- [Fermented cherries](#)
- [Fermented mango salsa](#)

Suggested foods combos for probiotics AND prebiotics

- Plain yogurt with a dollop of raw honey, berries, and/or almonds/walnuts/ground flaxseeds
- Kefir blended into a smoothie with berries, nut butter, and raw honey
- Roasted prebiotic veggies on the side with protein, starch, and a glass of kombucha
- [Granola](#), yogurt, and berry parfait
- [Overnight oats](#) infused with a dollop of yogurt, topped with fruit and nuts, and sweetened with raw honey (optional)
- Salads/sandwiches/burgers topped with raw sauerkraut/kimchi or enjoyed with a side of probiotic pickles



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Common Safety Considerations for Probiotic & Prebiotic Foods

Remember that one size never fits all! Make sure to review the safety considerations below and consult your healthcare team in case any of the following contraindications apply to you.

FODMAPs

You may or may not need to steer clear of certain types of prebiotics that are high in FODMAPs, if you're navigating [irritable bowel syndrome \(IBS\)](#) or [small intestinal bacterial overgrowth \(SIBO\)](#) and following a [low FODMAP elimination diet](#).

Histamine

If you have a histamine intolerance, you'll want to proceed with caution before trying out fermented foods which are naturally high in histamine.

Tyramine

If you're taking a monoamine oxidase inhibitor (MAOI) medication, you will need to limit the amount of tyramine in your diet, since monoamine oxidase is the primary enzyme responsible for breaking down tyramine in the body.

- Fermented foods are naturally high in tyramine, so avoid and consult a health professional before trying out fermented foods.

Sucrose/maltose

Some prebiotic and/or probiotic foods may contain significant quantities of sucrose and/or maltose. These should be limited and avoided among folks with a sucrose intolerance. (Check out my list of [foods high in sucrose and starch HERE](#) for more information on this!)

Sulfur

Some prebiotic and probiotic foods (such as cabbage, garlic, sauerkraut, kimchi, broccoli, and cauliflower) increase sulfur production in the body.

While this is generally safe and even beneficial for most healthy adults, folks with a sulfur intolerance (and/or hydrogen sulfide SIBO) should avoid foods high in sulfur.

Sodium

A lot of lacto-fermented foods call for a lot of salt in order to create the proper brine.

While this is fine for most people, folks who are following a low sodium diet for health reasons should be mindful of the high amounts of salt in just a few tablespoons of fermented fruits/veggies.

Probiotics and SIBO

In my clinical experience, some folks with SIBO feel worse after consuming probiotic foods and supplements.

Bottom line: Just because a probiotic and prebiotic food is on this list doesn't mean it's good for YOU) Always listen to your body and consult a practitioner as needed.



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Message from Jenna



Hey there! I'm Jenna, the functional dietitian and holistic nutritionist behind Whole-istic Living.

I'm SO glad you decided to download this free resource! I hope it helps you on your journey to optimizing your gut health.

As a former IBS sufferer (in remission since 2014), I've since dedicated my life to paving the way for others through my private online holistic nutrition practice and blog, *Whole-istic Living*.

My mission is to help people like you to crack your unique health code, so you can address longstanding health issues at the root-cause level and enjoy a better quality of life.

If you're navigating gut health issues and you'd like to learn more about how to improve your digestion (and overall health) from a holistic nutrition standpoint, I'd love to stay in touch with you!

Please feel free to download my free gut health nutrition guide join my email list by [clicking HERE](#) or on the image to the right. → →



I also invite you to join the conversations happening in my **private Facebook group, Whole-istic Living for Better Gut Health!**

(You can join by [clicking HERE](#) or on the image to the left.)



Either way, I'm glad our paths crossed and I wish you the best of luck on your journey!

XO – Jenna

Whole-istic Living

resolve gut issues with holistic nutrition & herbs

with Jenna Volpe, RDN, LD, CLT

A community for holistic-minded people to learn, connect, and feel more inspired & empowered!