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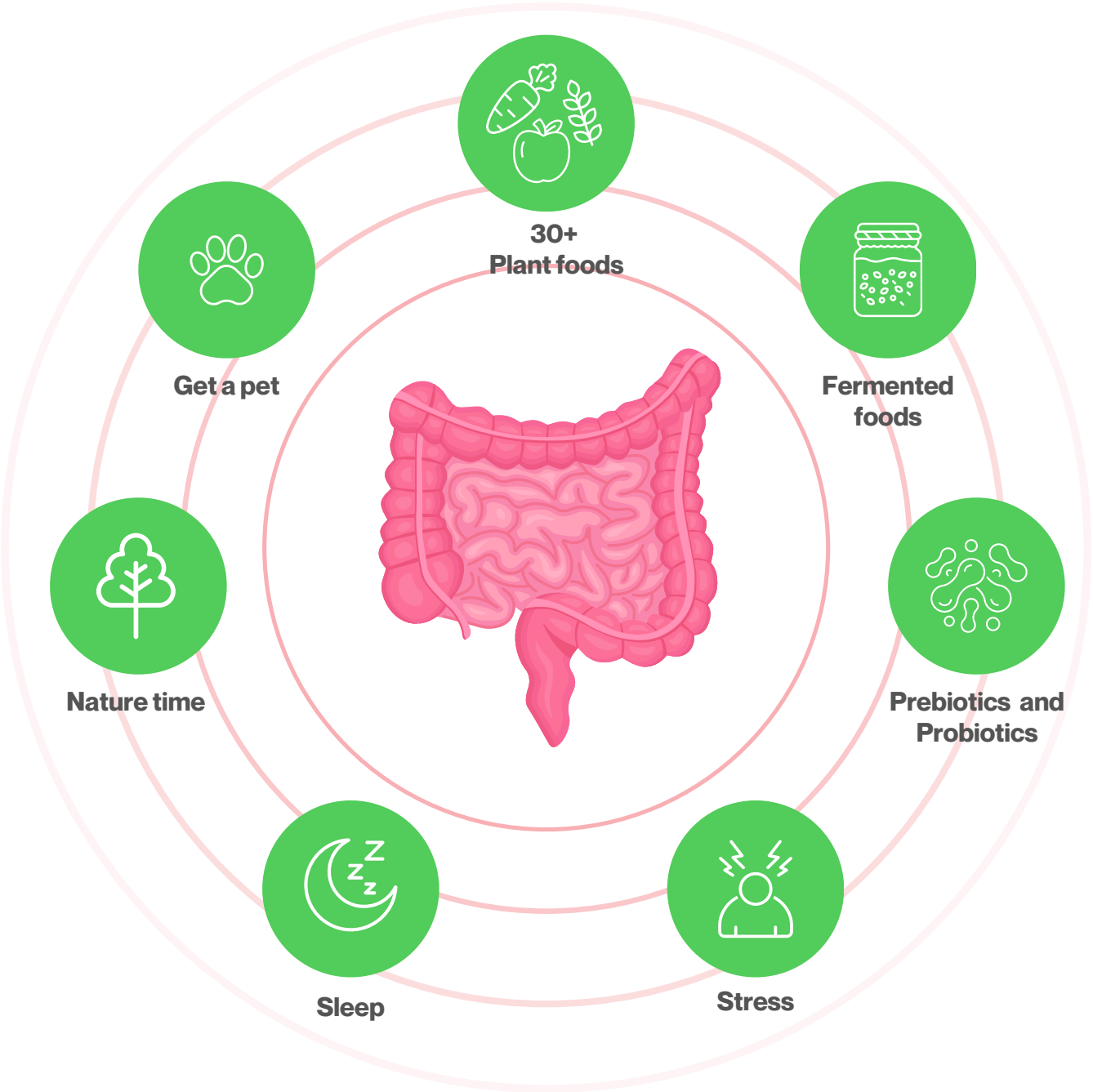
The Ultimate Prebiotic Guide:

Boost Your Gut Health Naturally

What happens in the gut, doesn't just stay in the gut

The gut microbiome can produce substances that influence not only your gut health but also your nervous, metabolic and immune systems.



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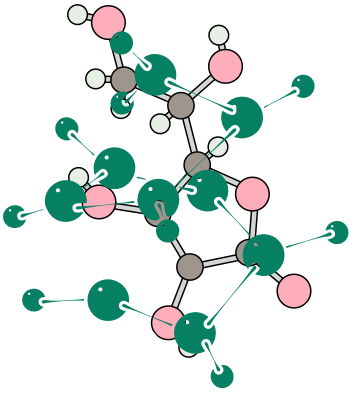
Prebiotics

Food for your beneficial bacteria

Probiotics

Fermentation by bacteria in the gut

Produce



Postbiotics

Bioactive compounds that are created during digestion when the friendly bacteria in your gut (probiotic bacteria) break down prebiotic fibers

Prebiotic Fiber Guide

Food	Source of Benefit
 Artichoke	A great source of fiber and high in antioxidants
 Asparagus	High in fiber, folate, and other B vitamins
 Onion	Has potent anti-inflammatory properties that help to reduce blood pressure; they are also a considerable source of vitamin C, minerals, and potassium
 Garlic	Contains active compounds that can reduce blood pressure, lower cholesterol, lower the risk of certain cancers, and protect against heart disease
 Bananas	Contain both insoluble and soluble fiber, which provide a prebiotic food source for beneficial bacteria
 Chickpeas	Rich in fructo-oligosaccharides, hemicellulose, cellulose, and resistant starch; have been shown to reduce blood lipids
 Apples	A rich source of pectin, which makes up nearly half of its fiber content; pectin has been shown to increase levels of the short chain fatty acid butyrate, which increases T cell differentiation and reduces inflammation. Additionally, apples are high in polyphenol antioxidants, which have been linked to improved digestive health and fat metabolism, decreased levels of LDL cholesterol, and a reduced risk of various cancers.
 Jicama	Jicama root is a good source of inulin and has been shown to improve digestive health, enhance insulin sensitivity, and lower blood sugar levels
 Leeks	They are a great source of vitamin K and, due to their fiber content, help to break down fat during digestion and promote the growth of healthy bacteria in the gut
 Lentils	Lentils are rich in cellulose, hemi-cellulose, fructo-oligosaccharides, and resistant starch, which can lead to the enhanced production of short chain fatty acids by feeding beneficial bacteria Lentils have also been shown to reduce harmful fats in the blood and induce meaningful weight loss
 Oats	Whole oats are a great source of beta-glucan fiber, in addition to resistant starch Beta-glucan from oats has been linked to increased abundance of healthy gut bacteria, lower LDL cholesterol, better blood sugar control and reduced cancer risk. Furthermore, it has been shown to slow digestion and help control appetite

Resistant Starch

Resistant starch is a specific type of fiber that resists digestion in the small intestine. In the large intestine, the resistant starch ferments and provides fuel to gut bacteria that can produce substances known as short-chain fatty acids. This can result in various health benefits and better gut health.

Foods high in resistant starch

A great way to increase your resistant starch intake is through a diet rich in legumes, whole grains, and cooked and cooled starchy foods.

	Fruit + vegetables (½ cup unless otherwise stated)	**Legumes** (½ cup)	**Grains** (½ cup)
Very best	Semi-ripe banana, 1 large Green banana flour, 1 tbsp		
Best	Potato, cooked, chilled and then reheated	Baked beans, canned Kidney beans, canned Fava beans, canned Butter beans, canned	Rice, white, ready to heat Wholegrain barley groats, cooked
High	Potato, cooked then chilled Ripe banana, 1 large Peas, cooked	Chickpeas, canned Lentils, dehulled green/red, chilled Lentils, dehulled green/red, chilled and reheated	Rice, white, long grain, cooked then chilled
Moderate	Potato, cooked Peas, canned Sweet corn, cooked	Kidney beans, cooked Mixed beans, canned Pinto refried bean, canned Lentils, dehulled green/ red, cooked	Muesli Rice, white, long grain, cooked

Caution with FODMAPs

Many prebiotic foods and high-polyphenol foods listed in this guide are high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) and could cause digestive discomfort. Some people who have been diagnosed with IBS (irritable bowel syndrome) and/or SIBO (small intestinal bacterial overgrowth) can experience increased gas, bloating, abdominal pain, and/or heartburn with the consumption of FODMAP foods and report feeling better by avoiding them. Because high-FODMAP foods also tend to confer the benefits of being “prebiotic” in nature, as well as being high in antioxidants and phytonutrients in the long-term.

If you're experiencing digestive discomfort after eating foods high in FODMAPs, it might be helpful to temporarily eliminate these foods from your diet. This break can allow your digestive system to rest and recover. To better understand how different foods affect you, consider downloading our comprehensive low FODMAP guide. This guide will help you identify which foods to avoid and provide strategies for gradually reintroducing FODMAP foods, allowing you to monitor and manage your symptoms effectively.

Click here to get your FREE FODMAP Guide

Probiotics

Fermented Foods

Fermented foods can have their place in helping to repopulate a microbiome, especially after one or more courses of antibiotics. Fortunately, they are now much easier to find, without having to make them from scratch, and do not need large portions to experience benefits.

Start slowly to make sure the probiotic is well-tolerated. The following is a list of popular fermented foods that can usually be found at a local grocery or health food store.

Kimchi

Sauerkraut

Kefir (dairy and/or coconut water)

Yogurt (dairy or non-dairy)

Lassi

Natto

Miso

Tempeh

Fermented pickles

Kombucha

Polyphenols

Polyphenols are a group of chemicals that occur naturally in plants. Currently, there are more than **500 unique polyphenols** and collectively, these chemicals are also known as phytochemicals. Polyphenols can be further categorized into the following groups:

- Phenolic acids
- Stilbenes
- Flavonoids
- Lignans

BENEFITS OF POLYPHENOLS FOR GUT HEALTH

- **Sources:** Found in berries, green tea, dark chocolate, and more.
- **Prebiotic Effects:** Encourage growth of good bacteria (Bifidobacteria and Lactobacilli).
- **Help reduce harmful bacteria,** promoting a healthier gut balance.

Antioxidant and Anti-inflammatory Properties:

- Protect and strengthen the gut lining
- Reduce inflammation in the gut

Overall Benefits:

- Enhance microbiome diversity and resilience
- Support better digestion and immune function
- Contribute to overall well-being
- Including polyphenol-rich foods in your diet is a simple way to support and improve gut health naturally

Polyphenols By Color

Eat The Rainbow

Polyphenols can be found in virtually all plants and are particularly abundant in the pigmented parts of the plant, hence the association with the plant colors.

Color	Vegetable	Fruit	Polyphenol
Red	Radish	Apple	Anthocyanins
	Red bell pepper	Cherry	Carotenoids
	Red onion	Cranberry	Capsaicin
	Red potato	Pomegranate	Ellagic acid
Orange	Corn	Asian pear	Bioflavonoids
	Ginger root	Banana	Bromelain
	Yellow squashes (all)	Lemon	Gingerol
	Yellow bell pepper	Pineapple	Lutein
	Turmeric root	Star fruit	Nobiletin
Green	Artichoke	Avocado	Catechins
	Bean sprout	Green apple	Epigallocatechin gallate
	Green bell pepper	Lime	Flavonoids
	Broccoli	Olive	Glucosinolates

Blue-Purple	Eggplant	Blueberry	Anthocyanidins
	Purple bell pepper	Fig	Flavonoids
	Purple cabbage	Huckleberry	Phenolic acids
	Purple carrot	Plum	Proanthocyanidins
	Purple cauliflower	Citrus pith	Resveratrol

White-Tan-Brown	Cauliflower	Banana	Anthocyanidins
	Ginger root	Citrus pith	Flavonoids
	Jicama	White peach	Phenolic acids
	Mushroom	White pear	Proanthocyanidins
	Parsnip		Resveratrol

Short Chain Fatty Acids

Short-chain fatty acids (SCFAs) are common bacterial metabolites. They are byproducts produced by our gut bacteria when these bacteria ferment insoluble fiber from the diet.

A fiber-rich diet nourishes gut bacteria, which produce SCFAs as a byproduct. This process is a key aspect of the beneficial relationship between humans and their gut microbiome

Short-Chain Fatty Acids (SCFAs) and Gut Health

- **Fuel for Gut Cells:** SCFAs provide energy for the cells lining your large intestine, helping them grow and repair.
- **Reduce Inflammation:** They help control inflammation in the gut by promoting certain immune cells that keep inflammation in check.
- **Strengthen Gut Lining:** SCFAs help produce mucus that protects the gut lining, keeping it strong and less "leaky."
- **Support Metabolism:** They may improve how your body handles sugar and insulin, and help you feel full longer.
- **SCFAs are essential** for maintaining a healthy gut and overall well-being.

Causes for low SCFA levels

- Diarrhea (rapid transit leading to decreased SCFA production)
- Constipation (increased SCFA absorption)
- Inflammation (high calprotectin)
- Chronic antibiotic use
- Decreased carbohydrate and fiber consumption
- Severe dysbiosis

To gain deeper insights into your gut health, consider taking the **Gut Zoomer Test from Vibrant Wellness.**

ORDER NOW

This detailed test **measures your gut microbiome** and evaluates levels of important **short-chain fatty acids (SCFAs)** like butyrate, acetate, propionate, and valerate. The Gut Zoomer also shows which bacteria you are low in that help to produce SCFA's.

By understanding your unique microbiome profile, you can optimize your gut health.

👉 Take the next step in your health journey and discover the benefits of personalized nutrition with the Gut Zoomer test.

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