



BEST FOODS FOR A DIET TO SUPPORT GUT HEALTH

Sometimes the best approach in trying to get clients to improve their diet is not to focus on what they cannot eat, but to push what they can and should eat. To support good gut health and a healthy microbiome, educate your clients about all the tasty, nutritious foods they can add to their meals.

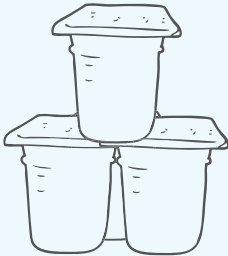
PREBIOTIC

FOODS RICH IN PREBIOTICS AND OTHER NUTRIENTS THAT SUPPORT HEALTHY BACTERIA

- Chickpeas
- Lentils
- Kidney beans
- Peas
- Broccoli
- Oats
- Collard greens, kale, spinach, and other leafy greens
- Jerusalem artichokes
- Asparagus
- Garlic, leeks, and onions
- Green tea
- Sprouted grains, like sprouted grain bread
- Bananas
- Blueberries
- Nuts
- Dark chocolate



PROBIOTIC



PROBIOTIC FOODS

- Yogurt
- Kefir
- Sauerkraut
- Kimchee
- Kombucha
- Miso
- Tempeh