

# PREBIOTIC AND FERMENTED FOODS

## Fermented Food Sources:

- Kombucha
- Kvass
- Kefir
- Rejuvelac
- Switchel
- Lassi
- Homemade Yogurt
- Kimchi
- Sauerkraut
- Fermented Pickles
- Other Fermented Vegetables
  - Carrots, Beets
- Fermented Salsa
- Miso
- Tempeh
- Nattō

## Prebiotic Food Sources:

- Raw Jerusalem Artichoke
- Raw Garlic
- Raw or Cooked Onions
- Raw Jicama
- Raw Asparagus
- Raw Dandelion Greens
- Raw Leeks
- Raw Chicory Root
- Acacia Gum
- Resistant Starches:
  - o Green Bananas
  - o Plantains
  - o Cooked and Cooled Potatoes
  - o Cooked and Cooled Parboiled Rice
  - o Cooked and Cooled Legumes
  - o Raw Potato Starch
  - o Plantain Flour
  - o Green Banana Flour
  - o Tapioca Starch

### Note:

- 1. Fermented foods rich in probiotics need to be refrigerated.**
- 2. Don't buy “pasteurized” fermented foods as the probiotics would be ineffective.**
- 3. Look for “traditionally fermented” “live” or “active cultures” for a quality fermented product.**
- 4. Do your own fermented foods**

