

A collage of various prebiotic foods. In the top right, there are several sweet potatoes. Below them are several onions. A carrot is visible in the bottom right. In the center, there is a glass of white milk. At the bottom, there are two piles of almonds, one light-colored and one dark-colored. On the left side, there is a bowl of dark-colored beans. The background is a mix of these food items, with a dark grey diagonal overlay on the left side containing the text.

Prebiotic Foods

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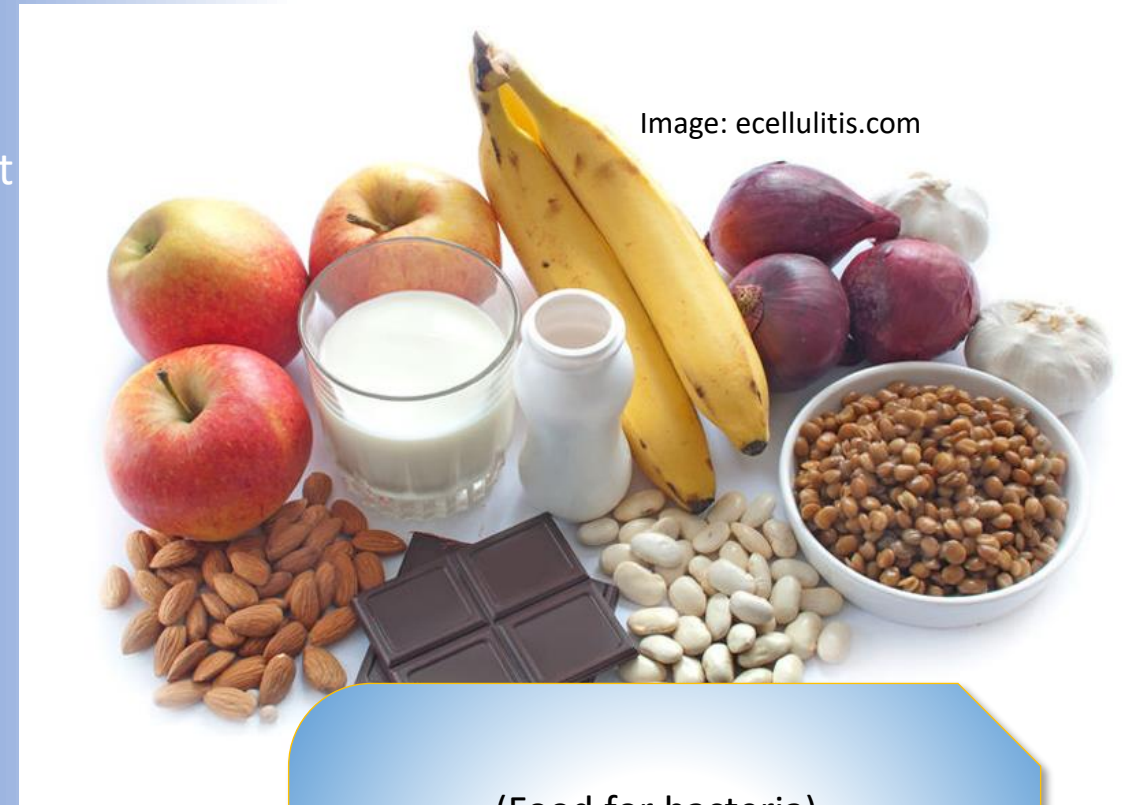
Probiotics v Prebiotics

Many of us are totally familiar with probiotics, and the fact that yoghurt is supposed to contain them. We know they are good for us... although we might not know why!

But did you know that you also need prebiotics?

Er...whatta? What was that you said?

Yes, PRE... pre-biotics!



(Live bacteria)

Probiotics are active bacterial cultures

PRO-biotics

PRE-biotics

(Food for bacteria)

Prebiotics are substances that can only be broken down by gut bacteria... not by our own body.

Prebiotics – Resistant Starch

We learned earlier that carbohydrates are made up of:

- Starches
- Sugar
- Fibre

Let's look a bit closer at starch, of which there are two different types:

- Starch (complex: unrefined / simple: refined)
- Resistant Starch

Resistant Starch is what becomes food for our gut bacteria. We should eat some of it at every meal.

Some foods can be made into resistant starch... eg: Potato Salad. Simply by cooking the potatoes and cooling them in the fridge overnight, their composition changes so that now it has become resistant starch.



Prebiotics – Resistant Starch

You can do this with many other foods as well... including rice, legumes etc.

Raw oats is already ready to go and can be made into yummy little balls containing raisins etc. for a quick and easy resistant starch snack.

So, if you are cutting down on carbohydrates in general, turning some of them into resistant starch is wonderful for weight loss.

The greener the banana, the better the resistant starch. The riper the banana, the better anti-cancer quality it contains.

So, what to do? Consume both! You can buy Green Banana flour which is easier to use than munching out on a really green banana!

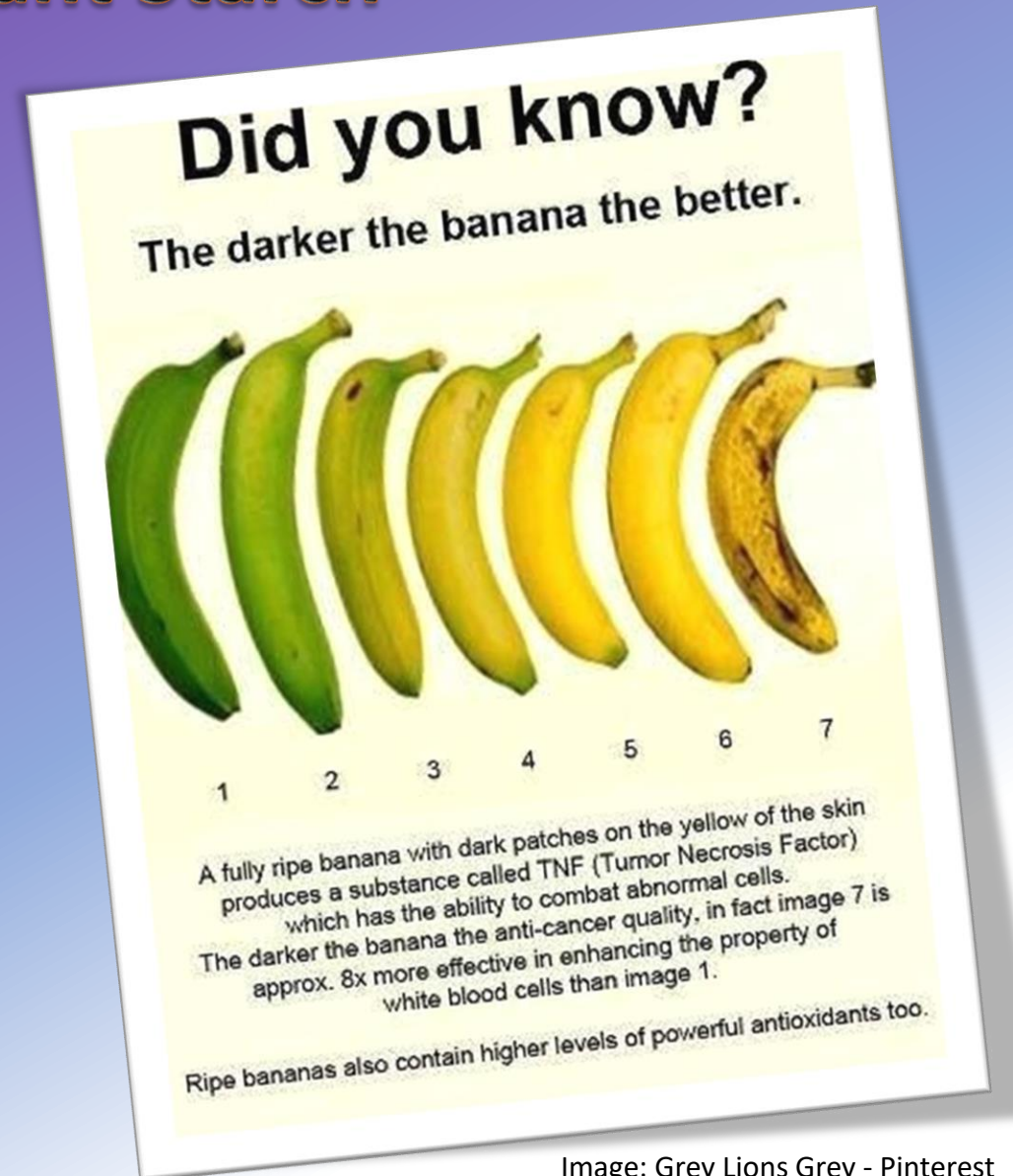


Image: Grey Lions Grey - Pinterest

Daily Nutrition Nibble: *Prebiotic Foods for Gut Health*

Prebiotics are a special form of non-digestible carbohydrates that feed the probiotics (aka, good bacteria). When prebiotics and probiotics are combined, they work together to create a healthy environment inside of your gut while promoting proper digestion. Here are some foods that contain prebiotics:

- ❖ Artichokes
- ❖ Onions
- ❖ Garlic
- ❖ Chicory
- ❖ Dandelion greens
- ❖ Asparagus
- ❖ Leeks
- ❖ Berries
- ❖ Bananas
- ❖ Flax seed
- ❖ Beans
- ❖ Lentils



Top 33 PreBiotic Foods

Vegetables

Artichokes
Radishes
Carrots
Cucumbers
Asparagus
Bell Peppers
Onions
Leeks
Jicama
Beets
Yams
Garlic
Daikon Radishes
Dandelion Greens
Chicory Root
Sweet Potatoes
Cabbage

Fruits

Tomatoes
Apples
Berries
Bananas
Mango

Other Sources

Honey
Dark Chocolate
Coconut Flour
Flax Seeds
Hemp Seeds
Pumpkin Seeds
Chia Seeds
Legumes
Quinoa
Wild Rice
Ginger Root

Some more
Prebiotics



Prebiotics – Resistant Starch

There are a lot of health benefits from including resistant starch in your diet:

- Increased satiety and reduced food intake over a 24-hour period.
- Reduced fasting blood glucose levels.
- Reduced blood glucose rise after a meal.
- Improved gut function & the feeding of healthy gut bacteria.
- Improved insulin sensitivity.
- Enhanced nutrient absorption from foods.
- Reduced risk of inflammatory bowel disease and colon cancer.
- Reduced risk of diabetes.
- Reduced dietary energy density by replacing easily digestible starch with resistant starch.
- Enhanced fat burning even while eating some good quality dark chocolate.

