



Prebiotic Foods for a Healthier Gut™

Prebiotic fibers feed beneficial gut microbes. The best choices are the ones your digestion tolerates comfortably.

Choose one familiar food to begin. Increase portions or variety gradually.

1 Onions, Garlic & Friends

Onion • Garlic • Leeks
Scallions • Asparagus
Artichokes

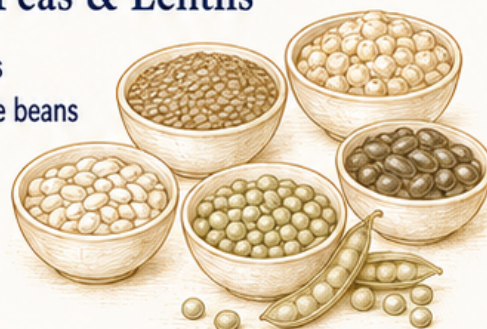
Start with cooked portions if raw foods feel too strong.



2 Beans, Peas & Lentils

Lentils • Chickpeas
Black beans • White beans
Green peas

Begin with a few spoonfuls and build slowly.



3 Oats, Barley & Seeds

Oats • Barley
Chia seeds
Ground flaxseed

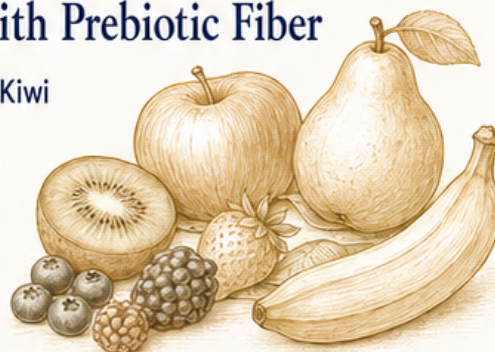
These can be easy additions to breakfast or snacks.



4 Fruit with Prebiotic Fiber

Apples • Pears • Kiwi
Berries • Slightly green banana

Whole fruit provides fiber along with helpful plant compounds.



5 Resistant Starch Foods

Cooked and cooled potatoes • Cooked and cooled rice
Beans or lentils • Oats • Slightly green banana

Cooling certain cooked starches increases resistant starch. Reheat safely if you prefer them warm.



Introduce Prebiotics Gently



Start small
Choose one food and a comfortable portion.



Notice
Watch bloating, gas and bowel habits.



Build variety
Increase gradually when digestion feels settled.

If You Are FODMAP-Sensitive



Some prebiotic foods are highly fermentable and may increase symptoms. Personalized portions or professional guidance may help.

Martine's Midlife Wellness Tip



Your gut microbes benefit from variety, but you do not need every prebiotic food every day.

*Adjust for allergies, digestive conditions and guidance from your healthcare provider.
Persistent symptoms deserve individualized support.*