

FOODS CONTAINING PREBIOTICS

The importance of probiotics has long been known. These live bacteria have proven beneficial for combating issues within the gastrointestinal tract and keeping the digestive system in a happy place. They also play an important role in strengthening your immune system. Probiotics are found in the cultures of dairy products, including yogurts. However, the cousins of probiotics – namely prebiotics – are much lesser known, though this is changing with each passing day.

Through this guide, you'll get to know prebiotics, including how they're related to probiotics, what they are, what they do and how they help your body. You'll also learn about the wealth of foods that contain prebiotics, and another way to get your healthy daily dose of prebiotics through supplements.

How are Probiotics and Prebiotics Related?

First, probiotics and prebiotics both serve important health functions for the human gut. Probiotics are live microorganisms that live inside your gastrointestinal tract. They aid in digestion by essentially cleaning out the gut so that things keep flowing. Like all living things, probiotics need to be fed in order to remain active and healthy, and to benefit you as much as possible.

Prebiotics act as food for probiotics. In other words, probiotics eat prebiotics. Remember the arcade game Pac-Man, where the yellow Pac-Man eats his way through a maze of dots? Relating this to prebiotics and probiotics within your gut: Pac-Man is the probiotic and the dots are prebiotics. Makes more sense now, right?

How to Get Prebiotics?

In a nutshell, prebiotics are types of fiber. They are un-digestible plant fibers that already live inside the large intestine. The more food, or prebiotics, that probiotics have to eat, the more efficiently these live bacteria work and the healthier your gut will be.

You're probably already ingesting prebiotics and may not even know it. You see, prebiotics naturally exist in many foods you may already consume on a regular basis. Since fiber is the source for prebiotics, foods that are high in fiber are also typically high in prebiotics.

A List of Prebiotic Foods

Here are some of the top contenders on the prebiotic foods list. How many of them can you incorporate into your meals this week?

- Raw Chicory Root
- Raw Dandelion Greens
- Raw Garlic
- Raw Leeks
- Onion (Raw and Cooked)
- Raw Asparagus
- Raw Wheat Bran
- Baked Wheat Flour
- Raw Banana