

The Best Foods w/ Probiotics & Prebiotics to Boost Your Health

Print this handy checklist of probiotic & prebiotic rich foods as a reminder to try & eat/drink at least one probiotic AND one prebiotic rich food daily.

Note: GF=Gluten Free, Veg=Vegetarian, V = Vegan, LF = Low FODMAP

THE BEST FOODS WITH PROBIOTICS

Dairy & Non-Dairy Alternative-Based Foods with Probiotics

- Dairy Yogurt | GF, Veg, LF {Choose lactose free}
- Non-Dairy Yogurt | GF, V, LF {Some are ok-read labels}
- Kefir | GF, Veg, LF {Some are ok-read labels}
- Buttermilk | GF, Veg
- Aged Cheese | GF, Veg, LF

Vegetable-Based Foods with Probiotics

- Sauerkraut | GF, V, GrF, [Low FODMAP Sauerkraut recipe](#)
- Kimchi | GF, V, GrF, [Low FODMAP Kimchi Recipe](#)

Soy-based foods with probiotics

- Miso | GF {check labels}, V, LF
- Tempeh | GF, V, LF
- Natto

Beverages with probiotics

- Kombucha | GF {read label}, V, LF ?
- Kefir Water/Soda | GF, V, LF ?

PROBIOTIC FRIENDLY RECIPES TO TRY

1. [Spiced Pomegranate Lemon Lassi](#) {GF, Vegetarian}
2. [Quinoa Salad with Miso & Broccoli](#) {GF, Vegan, LF}.
3. [Ruby Red Grapefruit Kefir Sherbet](#) {GF, Vegetarian}.
4. [Savory Yogurt Parfait with Spicy Roasted Chickpeas](#) {GF, Vegetarian, LF & Vegan Options}.

THE BEST FOODS WITH PREBIOTICS

Note: This list is not all inclusive, but provides lots of good options of prebiotic foods to regularly include in your diet.

Prebiotic Vegetables & Fruit

- Apples | GF, V
- Asparagus | GF, V
- Green Bananas & Green Banana Flour | GF, V, Unripe=LF
- Chicory Root | GF, V
- Dandelion Greens | GF, V
- Garlic | GF, V
- Jerusalem Artichoke | GF, V
- Kiwifruit | GF, V, LF
- Leeks | GF, V, LF {Green part only}
- Onions | GF, V

Prebiotic Grains & Legumes

- Barley | V
- Buckwheat Groats & Kernels | GF, V, LF
- Oats {Certified Gluten Free if Needed} | GF, V, LF
- Wheat Bran | V

Prebiotic Nuts , Seeds, & Beans

1. Almonds | V, GF, LF {10 almonds}
2. Flaxseeds | V, GF, LF
3. Soybeans | V, GF, LF {Frozen shelled edamame}
4. Lentils | V, GF, LF {½ cup canned, rinsed drained}

PREBIOTIC FRIENDLY RECIPES TO TRY

1. [Happy Belly Green Banana Flour Brownie Bites](#) {GF, Vegan, LF}.
2. [Chocolate Overnight Oats with Chia Seeds & Warm Strawberry Vanilla Compote](#) {GF, Vegan, LF}.
3. [Potato Leek Soup w/ Spring Pea Shoots](#) {GF, Vegan}.
4. [Protein Packed Salmon Power Bowl with Sungold Kiwifruit Ponzu Sauce](#) {GF, LF}.