Best Prebiotic Foods

It all starts with a healthy gut!

**Beta-Glucans**
- Mushrooms
- Algae
- Marine plants such as seaweed
- Oat
- Barley

**Fructooligosaccharides**
- Garlic
- Jerusalem artichoke
- Yacon
- Blue Agave
- Bananas
- Leeks
- Onions
- Chicory root
- Asparagus

**Galactooligosaccharides**
- Lima beans
- Kidney beans
- Green peas
- Lentils
- Chickpeas and chickpea related products such as hummus

**Inulin**
- Onions
- Chicory root
- Garlic
- Bananas
- Globe artichoke
- Jicama
- Leeks
- Agave