

# 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

