

# Microbiome Enhancing Foods

FOS & Inulin	Resistant starch	Fibre	Polyphenols	Other Prebiotic foods
Chicory root	Potato, roasted, cooled	Flax seeds	Blueberries	Kiwi fruit
Garlic	Bananas	Vegetables	Strawberries	Beetroot
Jerusalem artichoke	Cashew nuts	Fruit	Peach	Fennel bulb
Leek	Rolled oats, uncooked	Whole grains	Plum	Green peas
Onion	Potato, steamed and cooled		Grape seed extract	Snow peas
Dandelion greens	White beans		Cranberry extract	Sweetcorn
Asparagus	Lentils cooked		Resveratrol	Savoy cabbage
Banana			Tea	Chickpeas
Barley			Cocoa	Red kidney beans
Wheat			Chocolate	Soybeans
Sugar beet				Cashews
Honey				Pistachio nuts
Tomato				Peaches
Rye				Watermelon
				Grapefruit
				Pomegranate
				Dried fruit (e.g. dates, figs)

# Prebiotics Are Crucial For the Microbiome



## Prebiotics

Inulin, Galacto-oligosaccharides (GOS), Fructo-oligosaccharides (FOS), Lactulose

## Prebiotic like compounds




Resistant starch, Pectin, Arabinoxylan, whole grains, polyphenols, dietary fibres



### Improve microbiome function and composition



### Production of short chain fatty acids (SCFA)

Acetate   
Propionate   
Butyrate 

### Directly stimulate and alter immune function

