

# Dietary sources of prebiotics

<b>Chicory Root</b>	<ul style="list-style-type: none"><li>• 47% of the fibre in chicory root is inulin</li><li>• Has been shown to nourish the gut bacteria, improve digestion and relieve constipation <sup>(1,2)</sup>.</li></ul>
<b>Dandelion Greens</b>	<ul style="list-style-type: none"><li>• 4g of fibre per 100g serving, a high proportion of which is inulin <sup>(3)</sup>.</li></ul>
<b>Jerusalem Artichoke</b>	<ul style="list-style-type: none"><li>• 2g of fibre per 100g serving, 76% of which is inulin <sup>(4)</sup>.</li></ul>
<b>Garlic</b>	<ul style="list-style-type: none"><li>• 11% of the fibre in garlic is inulin, and 6% is FOS.</li><li>• Promoting the growth of Bifidobacteria in the gut and prevents disease-promoting bacteria from growing <sup>(5)</sup>.</li></ul>
<b>Onions</b>	<ul style="list-style-type: none"><li>• 10% of the fibre in onion is inulin, and 6% is FOS <sup>(6,7)</sup>.</li><li>• FOS strengthens gut flora, helps with fat breakdown and boosts the immune system by increasing nitric oxide production in cells <sup>(7-9)</sup>.</li></ul>
<b>Leeks</b>	<ul style="list-style-type: none"><li>• Contain up to 16% inulin <sup>(6)</sup>.</li><li>• Promote healthy gut bacteria and help in the breakdown of fat <sup>(8)</sup>.</li></ul>
<b>Asparagus</b>	<ul style="list-style-type: none"><li>• Contain 2-3g of inulin per 100g serving</li><li>• Has been shown to promote friendly bacteria in the gut <sup>(10)</sup>.</li></ul>
<b>Bananas</b>	<ul style="list-style-type: none"><li>• Contain small amounts of inulin.</li><li>• Unripe (green) bananas are high in resistant starch, which has prebiotic effects.</li><li>• The prebiotic fibre in bananas has been shown to increase healthy gut bacteria and reduce bloating <sup>(11,12)</sup>.</li></ul>
<b>Barley</b>	<ul style="list-style-type: none"><li>• Contains 3-8g of beta-glucan per 100g serving.</li><li>• Beta-glucan is a prebiotic fibre that promotes the growth of friendly bacteria in the digestive tract <sup>(13-15)</sup>.</li></ul>
<b>Oats</b>	<ul style="list-style-type: none"><li>• Contain large amounts of beta-glucan fibre, as well as some resistant starch.</li><li>• Beta-glucan from oats has been linked to healthy gut bacteria <sup>(16)</sup>.</li></ul>
<b>Apples</b>	<ul style="list-style-type: none"><li>• Approximately 50% of an apple's total fibre content is pectin which has prebiotic benefits.</li><li>• Pectin increases butyrate which feeds the beneficial gut bacteria and decreases the population of harmful bacteria <sup>(17,18)</sup>.</li></ul>
<b>Konjac root</b>	<ul style="list-style-type: none"><li>• A tuber, which contains 40% glucomannan fibre.</li><li>• Konjac glucomannan promotes the growth of friendly bacteria in the colon, relieves constipation and boosts the immune system <sup>(19,20)</sup>.</li></ul>
<b>Cocoa</b>	<ul style="list-style-type: none"><li>• Powerful prebiotic benefits associated with the growth of healthy gut bacteria <sup>(21,22)</sup>.</li></ul>
<b>Burdock Root</b>	<ul style="list-style-type: none"><li>• 4g of fibre per 100g serving, the majority of which is inulin and FOS.</li><li>• Prebiotic properties can inhibit the growth of harmful bacteria in the intestines, promote bowel movements and improve immune function <sup>(23)</sup>.</li></ul>
<b>Nuts</b>	<ul style="list-style-type: none"><li>• Contain health promoting polymerized polyphenols and polysaccharides <sup>(24)</sup>.</li></ul>
<b>Seaweeds and microalgae</b>	<ul style="list-style-type: none"><li>• Contain polysaccharides</li><li>• An emerging source of prebiotics <sup>(25)</sup>.</li></ul>