

prebiotic and probiotic power

examples of prebiotics

- wholegrains
- asparagus
- onion
- garlic
- jerusalem artichokes
- chicory
- leeks
- black beans
- pistachios
- cashews
- pumpkin seeds
- pasta (when cooked and cooled)
- silken tofu
- black beans
- freekeh
- green peas
- butternut pumpkin
- beetroot
- rolled oats
- unripe bananas

examples of probiotics

- yoghurt
- kefir
- sauerkraut
- miso
- kombucha
- a probiotic supplement
(talk to your healthcare professional)



Tip: When purchasing fermented foods, look for words like 'live and active cultures' to ensure they contain probiotics. If you're unsure, speak to a registered nutritionist or Accredited Practising Dietitian.