



Foods That Supercharge Your Immune System

Prebiotics — foods that contain indigestible fiber which feeds and sustains your gut bacteria

- Onions
- Garlic
- Leeks
- Artichokes
- Asparagus
- Chicory root
- Wheat bran
- Dandelion greens
- Bananas

Probiotics — good bacteria that live in your gut and are contained in fermented food.

- Yogurt — one of the top probiotic foods; fully of healthy bacteria; try to choose plain versions to avoid sugar — sugar can be counterproductive as it feeds pathogenic bacteria and contributes to sugar overload which is inflammatory to our body; choose brands labeled “live and active cultures” which guarantees about 100 million probiotic cultures per gram (about 17 billion cultures in a 6-ounce cup)
- Kefir — fermented milk drink; high in calcium and more probiotics than yogurt
- Miso — fermented paste made from barley, rice or soybeans; bold flavor so a little goes a long way which is good because it’s also high in sodium; great in soups
- Kimchi — Korean cousin to sauerkraut; spicy side dish used in breakfast scrambles, at lunch added to a brown rice and vegetable bowl, or in a stir fry at dinner
- Kombucha — tangy, effervescent black or green tea, often flavored with herbs and fruit; may contain a tiny amount of alcohol produced during fermentation; only 30 calories in an 8 ounce serving; also good source of B vitamins and antioxidants
- Sauerkraut — finely cut, fermented cabbage; great in fiber; choose unpasteurized
- Tempeh — fermented soybeans; nutty flavor and texture, used as meat replacement
- Pickles — also contain vitamins, minerals and antioxidants
- Raw cheese — raw milk unpasteurized such as goat or farmers cheese; other cheese that contain bacteria that can survive journey through the gut and can benefit your health include gouda, mozzarella, cheddar, swiss and parmesan