



Prebiotic Foods

Jicama (yacon)

Jerusalem artichoke

chicory root

Dandelion greens

Avocado

Peas

Soybeans

Potato skins

Apple cider vinegar (organic)

Acacia Gum

Raw garlic

Raw leeks

Raw/cooked onions

Raw asparagus

Green / under ripe bananas



Raw wheat bran

Radishes

Carrots

Coconut meat/flour

Flax seeds

chia seeds

hemp seeds

pumpkin seeds

Yams (konjac root: elephant yam/ yacon root)

Cucumbers

Bell peppers

Tomatoes

Apples

Berries

Mango

Beets



Cabbage

Ginger root

Barley

Oats

Honey / pollen

Burdock root

Seaweed