

Prebiotics & Probiotics

The gut microbiome is an amazing collection of friendly bacteria, viruses, yeast, helminths (worms), and protozoa that play a vital role in our health. These amazing bugs tell our immune systems what to attack and what to leave alone. Therefore, supporting our microbiome is foundational to bringing regulation to the immune system and improving MS symptoms.

Two main factors influence whether or not our microbiome thrives:

Prebiotic foods

These foods contain fiber that is indigestible by us, but easily digestible by our friendly gut bacteria. Prebiotic foods therefore serve as a robust food source for our friendly bacteria, allowing them to grow and thrive.



Probiotic foods

These fermented foods contain beneficial living bacteria. When consumed regularly, these friendly bugs claim space in the large intestine, making it more difficult for the less desirable microbes to claim space in the microbiome.

Tips for incorporating probiotics and prebiotics into your diet:

- ◆ Look for the "live active cultures" label on fermented foods to ensure there are living bugs present
- ◆ Avoid products that are pickled as they generally don't contain high numbers of friendly microbes
- ◆ Purchase refrigerated probiotic foods to ensure greater numbers of living bugs in the food
- ◆ Read the label of fermented foods to avoid artificial ingredients
- ◆ Aim for a variety of probiotics and prebiotics daily to drive diversity in the microbiome

While we can purchase probiotics and prebiotics as supplements, it's far better to obtain them from our diet because of the greater diversity of molecules we will consume. It's important to recognize that a diverse diet translates to a diverse microbiome.

PROBIOTICS

Dairy

- Yogurt
- Kefir
- Soft/aged cheese
 - ◆ Cheddar
 - ◆ Parmesan
 - ◆ Swiss cheeses
 - ◆ Gouda
- Buttermilk
- Breast milk

Non-dairy

- Fermented vegetables
 - ◆ Kimchi
 - ◆ Sauerkraut
 - ◆ Soy (tempeh, natto, miso)
 - ◆ Seitan (contains gluten)
 - ◆ Green olives
 - ◆ Beets
 - ◆ Pickles (without sugar/vinegar)
- Kombucha
- Sourdough bread

PREBIOTICS

- Asparagus
- Banana
- Barley
- Beans
- Breast milk
- Chicory root
- Garlic
- Jerusalem artichoke
- Kiwi
- Onion
- Peas
- Raw honey
- Rye
- Seaweeds
- Soybean
- Sugar beet
- Tomato
- Wheat

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