



## GUT HEALTH

Brain Health Pillar

BRAIN ● HEALTH  
NETWORK

[www.brain.health](http://www.brain.health)

One of the most important scientific discoveries of recent years is that the bugs that live in our gut play a crucial role in communication between the gut and the brain.

Scientific evidence shows that two of most beneficial bacteria for the gut are: Lactobacilli and Bifidobacteria (which are the mainstays of probiotic supplements)

The best food sources of these are:



### Fermented Vegetables

- Pickles
- Kimchi
- Sauerkraut



### Fermented Soy Foods

- Miso
- Tamari
- Tempeh



### Fermented Dairy Products

- Kefir
- Yoghurt

However, what may have an even more beneficial effect are prebiotics, foods that support the growth of these 'good' bacteria.

Foods with particularly high prebiotic fibre content include:

- Bamboo Shoots
- Artichokes
- Bananas
- Asparagus
- Barley
- Chicory Coffee
- Black Pepper
- Dark Chocolate
- Beetroot
- Fennel Root
- Broccoli
- Endives
- Artichokes
- Mustard Greens
- Ginger
- Onions
- Garlic
- Tomatoes
- Jicama
- Yacón
- Leeks and Legumes