



Prebiotic Foods Cheat Sheet

Simple ways to feed your friendly gut bacteria every day

What are prebiotics?

Prebiotics are types of fibre and related compounds that we cannot digest, but our beneficial gut bacteria can – they use them as fuel, which helps them grow and support digestion, immunity and overall health.

Veg & salad

Onions (red, white, spring)

Add to soups, stews, stir-fries, salads

Garlic

Use fresh where possible for more benefit

Leeks

Great in soups, tray bakes and risottos

Asparagus

Lightly steamed or roasted

Artichokes (Jerusalem & globe)

Roasted or in salads and dips

Chicory, endive, radicchio

Use as salad leaves or crunchy "scoops"

Fruit

Apples (with skin)

Slice into porridge, yoghurt or salads

Pears (with skin)

Snack with nut butter for extra fibre

Berries (raspberries, blackberries)

Top yoghurt, porridge or smoothies

Bananas (slightly green)

More resistant starch before fully ripe

Dried fruit (small amounts)

E.g. prunes, figs, dates as part of a meal

Grains & starches

Oats

Overnight oats, porridge, baked oats

Barley & rye

Soups, salads, mixed grain dishes

Wholemeal bread & pasta

Choose higher-fibre options where possible

Cooked-cooled potatoes

Potato salad made in advance

Cooked-cooled rice or pasta

Use leftovers for next-day salads

Pulses

Lentils (red, green, Puy)

Soups, dahls, salads, tray bakes

Chickpeas

Curries, hummus, roasted snacks

Black beans & kidney beans

Chilli, tacos, burrito bowls, salads

Mixed beans

Great for stews and mixed salads

Nuts, seeds & extras

Ground flaxseed

Sprinkle 1–2 tsp on breakfast or salads

Chia seeds

Chia puddings, overnight oats, smoothies

Walnuts, almonds, pistachios

Small handful as a snack or topper

Cocoa powder (unsweetened)

Add to porridge or smoothies

Herbs, spices & alliums

Garlic, onion powder, chives, etc.

Important tips:

Start low and go slow: Increase prebiotic foods gradually over 2–3 weeks to reduce bloating and gas.

Pair with fluids: Aim for 6–8 glasses of water or herbal tea daily to help fibre move comfortably through the gut.

Variety wins: Rotate different prebiotic foods across the week to nourish a wider range of gut microbes.

Sample day with prebiotic foods

Breakfast: Overnight oats with berries, ground flaxseed and sliced apple

Lunch: Lentil and barley soup with leeks, onions and carrots

Snack: Pear with a small handful of walnuts

Dinner: Chickpea and vegetable tray bake with garlic, onions and roasted asparagus



Probiotic Foods Cheat Sheet

Everyday ways to add more live cultures to your diet

What are probiotics?

Probiotics are live, beneficial microbes found in certain foods and supplements that can support digestion, immunity and overall health when consumed in adequate amounts.



Fermented dairy

Live yoghurt

Look for "live cultures" or "bio" on the label; choose plain or low sugar

Kefir (milk kefir)

Drink on its own or add to smoothies

Kefir yoghurt

Thicker option for breakfast bowls

Greek-style or Skyr (with live cultures)

Check label for "live and active cultures"



Fermented vegetables

Sauerkraut (raw, unpasteurised)

From the fridge section; not heat-treated

Kimchi

Spicy Korean-style fermented cabbage and veg

Fermented pickles in brine

Choose those stored in the fridge, not vinegar-only

Other fermented veg mixes

E.g. carrot, beetroot, mixed krauts



Soy & bean ferments

Miso paste

Stir into warm (not boiling) water or soups

Tempeh

Marinate and pan-fry, bake or add to curries

Natto

Traditional Japanese fermented soybeans



Fermented drinks

Kombucha (raw)

Choose unpasteurised; watch added sugars

Water kefir

A non-dairy option with live cultures

Other live cultured drinks

Check labels for live bacterial cultures



Label tips

Look for:

"Live cultures", "live and active cultures", or named strains (e.g. Lactobacillus, Bifidobacterium)

Check storage

Prefer chilled, short-shelf-life products over long-life pasteurised versions

Watch the sugar

Choose options with minimal added sugar, especially in drinks and yoghurts

Important tips:

Start small: Begin with a few tablespoons of fermented veg or a small glass of kefir and build up slowly.

Consistency matters: A little probiotic food most days is more helpful than a large amount once in a while.

Pair with prebiotics: Combine probiotic foods with prebiotic fibre (e.g. yoghurt + berries + seeds) to help the microbes thrive.

Medical conditions: If you are immunocompromised or have complex gut issues, check with a healthcare professional before adding lots of fermented foods.

Sample day with probiotic foods

Breakfast: Live yoghurt or kefir with berries and ground flaxseed

Lunch: Miso soup starter with a mixed salad

Snack: Small glass of kombucha (raw, low sugar)

Dinner: Stir-fry with tempeh and a side of sauerkraut or kimchi