



# PROBIOTICS

VERSUS

# PREBIOTICS

## Probiotics

- Contain living bacteria
- In fermented food

## Examples

- sauerkraut
- kimchi
- some cheeses (Parmigiano Reggiano and Gouda)
- yogurt
- kefir
- sourdough bread
- kombucha
- tempeh
- miso
- natto
- fermented pickles

## Prebiotics

- Indigestible fiber
- Food for good bacteria

## Examples

- asparagus
- beans
- broccoli
- cabbage
- cauliflower
- dark chocolate
- mushrooms
- walnuts
- tea
- pomegranate juice
- cranberries
- onions
- spinach
- dandelion greens
- chicory
- chia and flax seeds

And many more

## References

1. Jockers, D., (2021, January 22). The top 33 prebiotic foods for your digestive system. Retrieved February 17, 2021, from <https://drjockers.com/top-33-prebiotic-foods/>
2. LI, W. W. (2019). Eat to beat disease: The new science of how your body can heal itself. In EAT TO BEAT DISEASE: The new science of how your body can heal itself (pp. 173-188). S.l., NY: GRAND CENTRAL PUB.