



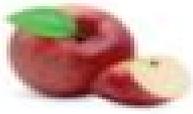
# PREBIOTIC & PROBIOTIC

----- GUT HEALTH -----



## Prebiotics

## Probiotics

<b>Tomatoes</b> 	<b>Oats</b> 	<b>Cocoa</b> 	<b>Kombucha</b> 	<b>Yogurt</b> 	<b>Kefir</b> 
<b>Avocado</b> 	<b>Garlic</b> 	<b>Onions</b> 	<b>Tempeh</b> 	<b>Aged Cheese</b> 	<b>Buttermilk</b> 
<b>Chia Seeds</b> 	<b>Wheat</b> 	<b>Asparagus</b> 	<b>Kimchi</b> 	<b>Coconut yogurt</b> 	<b>Pickles</b> 
<b>Carrots</b> 	<b>Flaxseeds</b> 	<b>Apples</b> 	<b>Sourbrough Bread</b> 	<b>Natto</b> 	<b>Tangy Chutneys</b> 

# Pro Gut Health Foods Full Tutorial For Students

**Maryanne Hochadel**



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