MERCYONE℠

Foods to **boost your gut health**

A healthy body needs a healthy gut. Maintain a balanced microbiome two ways: prebiotic foods feed the good bacteria in your body and probiotic foods add healthy live microbes directly into your body.

PREBIOTICS

Dietary fiber that vitalizes growth of good bacteria in your gut

- Apples
- Asparagus
- Bananas
- Barley
- Berries
- Cabbage
- Chicory root
- Cocoa
- Coconut and coconut flour
- Dandelion greens
- Flaxseeds
- Garlic
- Jerusalem artichoke
- Leeks
- Oats
- Onions
- Quinoa
- Radishes
- Seaweed
- Sweet potatoes
- Wheat bran
- Yams

PROBIOTICS

Combination of beneficial live bacteria/yeast that occur naturally in your body

- Kefir
- Kimchi
- Kombucha
- Miso
- Natto
- Pickles
- Pickles
- Sauerkraut
- Some cheeses (Gouda, mozzarella, cheddar and cottage cheese)
- Sourdough bread
- Tempeh
- Traditional buttermilk
- Yogurt