

Live Your Best 365

PREBIOTIC FOODS LIST

- **COOKED AND COOLED (BUT YOU CAN REHEAT TO EAT)**
GRAINS
- **RICE, PASTA, SWEET AND REGULAR POTATOES, QUINOA, MILLET, COUSCOUS.**
- **APPLES - ESPECIALLY GREEN**
- **ARUGULA LETTUCE**
- **ARTICHOKE**
- **ASPARAGUS**
- **BANANAS - AS UNDERRIPE AS POSSIBLE (WITHOUT BROWN SPOTS AND SOME GREEN AT THE STEM AND BASE)**
- **BEANS - PINTO, CHICKPEAS, BLACK, NAVY**
- **CHICORY ROOT**
- **CRUCIFEROUS VEGETABLES**
- **FLAXSEEDS**
- **GARLIC**
- **INULIN**
- **JICAMA**
- **LEEKs**
- **ONIONS**
- **OVERNIGHT OATS**
- **PEARS**
- **RADISH-RED AND DAIKON**
- **SEAWEED**

