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**Best Food Sources of Prebiotics** (these help feed your gut)

Onion

Garlic

Leeks

Jerusalem Artichoke, Globe Artichoke

Asparagus

Dandelion Greens (and likely all other greens like kale, collards, mustard)

All legumes which means beans, dried peas, lentils

Whole wheat berries, barley, rye, spelt are best – but all whole grains are good

Green bananas

Apples

Berries of all types, especially those with seeds

Nuts of most kinds – raw and unsalted especially almonds, walnuts, pecans, hazelnuts and others with their skin and seeds

Seeds such as flax and chia

**Best Sources of Resistant Starch**

Chill most starchy foods to increase resistant starch -includes potatoes, rice, pasta, sweet potatoes, winter squash (do batch cooking)

Oats especially groats and steel cut

Potato starch, not heated and added to foods

**BEST TO START SLOWLY WHEN INCREASING PREBIOTIC (HIGH FIBER) AND RESISTANT STARCH FOODS**

Remember that all non-starchy vegetables are generally high in nutrients and low in calories – they can help round out what you eat