Gateway to Gut Health

Eat to enhance gut health- 5 keys:

1. Eat when you’re hungry and stop when you’re full
2. Eat a variety of colorful foods daily including fruits, vegetables, and leafy greens
3. Consume a variety of whole grains, beans, lentils, nuts, and seeds
4. Incorporate fermented foods daily into your meals and snacks
5. Stay hydrated

Prebiotic-rich foods:
- Apples
- Asparagus
- Bananas
- Barley
- Chicory root
- Cocoa
- Dandelion greens
- Flaxseeds
- Garlic
- Jerusalem artichoke
- Jicama root
- Leeks
- Oats
- Onions
- Seaweed

Probiotic-rich foods:
- Kefir
- Kimchi
- Kombucha
- Lacto-fermented pickles
- Lacto-fermented vegetables (beans, beets, carrots)
- Miso
- Sauerkraut
- Sourdough bread
- Tempeh
- Yogurt

Polyphenol-rich foods:
- Berries
- Cacao
- Citrus fruits
- Green and black tea

https://recreation.athletics.cornell.edu/wellness