

Prebiotic foods to beat bloating & boost your gut health

Vegetables:

Artichoke - 16g

Beetroot - 2 thin slices (25g)

Butternut pumpkin - 1/3 cup (63g)

Legumes:

Mung beans - 1/4 cup (53g)

Lima beans - 1/4 cup (39g)

Chickpea canned - 1/4 cup (42g)

Lentil canned - 1/4 cup (46g)

Grains & cereals:

Oats - 1/2 cup (52g)

Buckwheat kernels - 1/8 cup (27g)

Wheat free gnocchi - 1 cup (200g)

Wheat bran - 1/2 tbsp (5g)

Pasta (wheat/spelt), *cooked and cooled* - 1/2 cup (74g)

**Provided values
represent a serve
size per meal.**

Fruits:

Pomegranate seeds - 1/4 cup (42g)

Dried paw paw - 1.5 slice (8g)

Nuts:

Almonds - 10 nuts (12g)

Hazelnuts - 24 nuts (24g)