

## Pre-, Pro-, and Post-biotics: The Ingredients for Gut Health

A balanced gut microbiome is essential for digestion, immunity, and overall well-being. Three key players—prebiotics, probiotics, and postbiotics—work together to promote gut health.

Prebiotics are nondigestible fibers that feed beneficial gut bacteria. They are naturally present in foods such as garlic, onions, leeks, asparagus, bananas, apples, oats, and chicory root. By stimulating the growth of good bacteria, prebiotics improve digestion, enhance mineral absorption, and support a healthy immune system.

Probiotics are live microorganisms that deliver health benefits when consumed in sufficient amounts. Common sources include fermented foods such as yogurt, kefir, sauerkraut, kimchi, miso, and kombucha. Probiotics help restore balance in the gut microbiome, regulate inflammation, and strengthen the intestinal barrier.

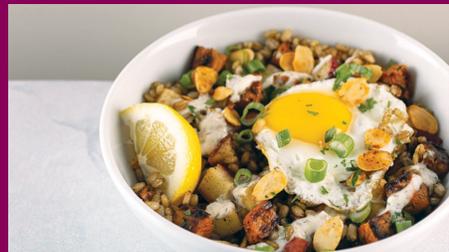
Postbiotics are beneficial compounds produced when probiotics digest prebiotics. These include short-chain fatty acids, vitamins, and peptides. While still a growing area of research, foods containing postbiotics include sourdough bread, kefir, kimchi, and other fermented foods. Postbiotics have been shown to reduce inflammation, improve gut barrier integrity, and may ease symptoms of conditions like irritable bowel syndrome.

Together, this trio creates a synergy: prebiotics feed probiotics, which produce postbiotics—supporting optimal digestion, stronger immunity, and long-term gut health.

### Recipe Ideas:



Korean Power Veggie Bowl



Scandinavian Breakfast Bowl

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