



## RESTORE GUT HEALTH

# Session Five

## The 5R Approach to Gut Health: Reinoculate

Classes featured: The 5R Approach: Reinoculate

**My reflections:**

**What I want to remember:**



### WHAT YOU NEED TO KNOW:

- Reinoculate means to introduce healthy microorganisms into your microbiome.
- Prebiotics are the fibrous foods that feed the probiotics in your gut so they can thrive.
- Probiotics are beneficial bacteria in your gut that help you absorb nutrients, protect you from getting sick, regulate your blood sugars, produce vitamins, and more.
- Probiotics come from fermented food sources. Aim for 10–25 billion colony-forming units (CFU) of probiotics per day.

### TIPS FROM THE PROS TO REMEMBER:

- One serving of yogurt has ~one billion CFU probiotics. Choose plain yogurt (with less than three grams of added sugars). Sweeten it with berries or a natural sweetener.
- For sauerkraut, get raw and unpasteurized (unless you are pregnant). Stick to 1–2 spoonfuls or less per day. Add sauerkraut to eggs, salad, stir-fry, or even a hamburger.
- Kombucha makes for a great mocktail, especially if you place it in a regular cocktail or wine glass. Stick to half a serving kombucha per day.
- Flaxseed tips:
  - Buy ground flaxseed (or grind it yourself); this is how you get the health benefits.
  - Store it in the fridge or freezer.
  - Start with one teaspoon and gradually increase due to fiber content.



## HOMEWORK

### ASSIGNMENT

Choose one of the following action steps:

- I will eat a prebiotic food at least once per day.
- I will try a new probiotic food from the list.
- I will check the probiotic supplement I am already taking to make sure it has multiple strains.

**Quick notes:**

# Prebiotic Versus Probiotic



## PREBIOTIC

Apple  
Asparagus  
Banana  
Burdock  
Chicory  
Cocoa  
Dandelion greens  
Eggplant  
Flaxseed  
Garlic  
Honey  
Jerusalem artichoke  
Jicama  
Konjac  
Leek  
Legumes  
Onion  
Peas  
Radicchio  
Whole Grains  
Yacon



## PROBIOTIC

Cottage cheese  
Kefir  
Kimchi  
Kombucha  
Miso  
Sauerkraut  
Tempeh  
Yogurt

### Supplements:

Choose a probiotic supplement that includes multiple strains of *Lactobacillus* and *Bifidobacterium* to get the most health benefit.

**Fun fact:** Synbiotics are supplement formulations or food products that contain both probiotics and prebiotics.