



# Gut-Brain Nutrition Essentials

## 1. Prebiotics Foods

**Eat a variety of prebiotic foods weekly.** Some experts argue that eating prebiotic foods is even more important than probiotic foods for optimal gut health.

apple	cocoa	honey	onion
asparagus	dandelion	jicama	peas
banana	greens	leek	potato
carrots	eggplant	legumes	radicchio
chicory	flaxseed	oats	sunchoke
	garlic		



## 2. Probiotics Foods

**General recommended amount:** 5–20 billion colony forming units (CFU) per day. Beneficial bacteria that help regulate digestion, immunity, inflammation, metabolism, and mental & emotional regulation. Found in fermented foods. Look for “live and active cultures” on product label.

yogurt (1–2)  
kimchi (20)  
kombucha (1–3)  
kefir (2.5)  
sauerkraut (3)

**Limited Amounts:** miso, natto, tempeh, cottage cheese, aged cheeses

*Amounts listed are in billion CFUs per cup*

**Hint:** Pickles can be a good source of probiotics if they are made using fermentation. When purchasing, check the label to look for “fermented” or “live cultures” and make sure vinegar is not an ingredient.



## 3. Probiotic Supplementation

- Consider supplementation if you're unable to eat probiotic foods regularly or want to manage symptoms.
- Take consistently for ~2 months, then assess symptoms & decide to continue or stop.
- Check the ingredients list: choose a product that contains a variety of Lactobacillus & Bifidobacterium.
- Dealing with ongoing diarrhea? Consider a product that contains Saccharomyces boulardii.



## 4. Healthy Fats

**General Recommended Amount:** 1200mg per day. Omega-3 fatty acids lessen inflammation, strengthen the gut lining, & support helpful bacteria. Eat plant sources daily; fish sources 2x/week.

salmon	herring	chia seeds
tuna	anchovy	ground flaxseed
mackerel	sardines	flaxseed oil
cod	hemp hearts	walnuts

**Important:** If taking medication, talk with your health care provider about possible interactions between omega-3 supplements and your medications.





## Prebiotic + Probiotic + Omega 3 Combos

Check out these ideas for ways to get a combination of nutrients that support the gut-brain connection. Get inspired, then get creative! Add other foods & flavors to make them your own.

**yogurt + banana + ground flaxseed + walnuts**

**oatmeal + dollop yogurt + honey + warm apple**

**cottage cheese + seeds + fruit**

**breakfast hash: beans + potatoes + onions**

**eggs + cottage cheese + sauerkraut**

**eggs + kimchi + onion + Swiss cheese**

**miso soup + onion + leeks**

**stir-fry: tempeh + asparagus + jicama + leek**

**protein bites: hemp hearts + rolled oats + honey + nut butter**

**eggplant parmesan + side of asparagus + potato**

**apple slices + spread with nut butter + sprinkled flaxseed**

**tuna or salmon salad with chopped asparagus & sunchoke**