

Nourish Your Gut with Probiotics and Prebiotics

Prebiotics and probiotics work together to ensure a healthy and balanced digestive system.

- Probiotics are the healthy bacteria that live in the gut.
- Prebiotics are certain types of fiber that feed healthy gut bacteria.

It's recommended that you have a source of prebiotics and probiotics every day to maintain digestive balance. Buehler's carries a wide range of both.

Probiotics

BEVERAGES

Kombucha & Probiotic Drinks (Kevita, Goodberry, Karma) -
Enjoy daily with meals or snacks.

REFRIGERATED FOODS

Kefir & Yogurt - *Use in fruit smoothies or to top high fiber cereal.*

Yogurt with Probiotics added (Activia, Goodbelly, Stoneyfield)

Kimchi - *Add to sandwiches or stir-fries or to top a rice bowl.*

Miso - *Use in place of salt in homemade vinaigrettes, add to sauteed vegetables, top grilled corn.*

Prebiotics

PRODUCE

Onions, Leeks, Garlic - *Include in scrambled eggs or salads.*

Asparagus

Apples & Bananas - *Perfect for a snack every day!*

GROCERY AISLES

Canned beans (black, kidney) - *For tacos or chili.*

Lentils - *Add to soups and stews.*

Oatmeal - *Make oatmeal bread.*

Ground flax seed & Wheat bran -
Use in place of ¼ of the flour in baked goods.

Roasted soybeans - *Add to salads for crunch.*

Barley - *Use in soups and stews.*

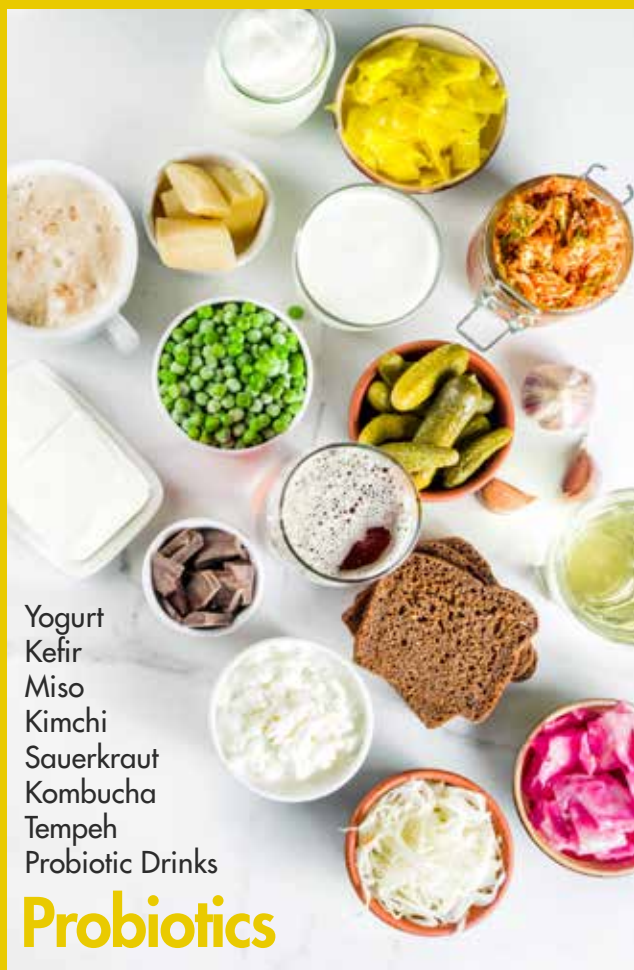
FROZEN FOODS

Edamame - *Enjoy as an appetizer before dinner.*

Supplements *Use to supplement healthy eating habits that include pre- and probiotic food choices.*

Probiotics with at least 1 billion CFU healthy bacteria like lactobacilli and/or bifidobacterial

Probiotic + Prebiotic Supplements



Yogurt
Kefir
Miso
Kimchi
Sauerkraut
Kombucha
Tempeh
Probiotic Drinks

Probiotics



Onions
Leeks
Garlic
Asparagus
Apples
Bananas
Canned beans
(black, kidney)
Lentils
Oatmeal
Ground flax seed
Wheat bran
Roasted soybeans
Barley
Edamame

Prebiotics