



GUT HEALTH PREBIOTICS

Support your gut health and your skin with 'food' for your friendly bacteria.

ESSENTIAL FATTY ACIDS

Prebiotics are non-digestible dietary fibers that feed the beneficial bacteria residing in our gut, promoting their growth and activity. By doing so, prebiotics contribute to a balanced and diverse gut microbiome, which has been linked to improved digestion, enhanced nutrient absorption, and a bolstered immune system. Use of prebiotics can also help reduce inflammation within the gut, which can have wider inflammation lowering benefits.

It has been established that a low fiber, high fat Western diet causes fundamental changes in the intestinal microbiota, which can contribute to inflammatory conditions. What happens in the gut doesn't stay in the gut unfortunately, and in all inflammatory skin conditions (acne, psoriasis, eczema, rosacea), the gut has a role to play. So, what to do about it? Here is a little recipe to support gut health, bacterial diversity and skin.



Further Support & Patient
Education

hello@anandamahony.com.au
www.anandamahony.com.au

GUT HEALTH

PREBIOTICS

PREBIOTIC FOODS

Build microbiome diversity (good bacteria) by eating these foods:

Polyphenol Rich Foods (colourful foods):

- Berries: black elderberries, black currants, blueberries, cherries, strawberries, blackberries, plums, raspberries, apples (red), black grapes
- Nuts & Seeds: flaxseed meal, chestnuts, hazelnuts, pecans, black tahini
- Vegetables: purple carrots, red carrots, purple/red potatoes, red cabbage, spinach, red onions, broccoli, orange carrots, red lettuce
- Grains: red rice, black rice, red and black quinoa, whole grain rye bread (sourdough)
- Other: black olives, olive oil, cocoa

Prebiotic Rich Foods:

- Garlic, onion, leeks, asparagus, globe artichokes
- legumes, brassica family – cauliflower, broccoli, broccolini, kale, cabbage, Brussels sprouts, fresh beans, beetroot, rye sourdough, sunflower seeds, pumpkin seeds, LSA mix

Prebiotic-Like Foods:

- Brown rice, carrots, black currants, dark cocoa, almonds, green tea

Fibre:

- Flax seeds, all vegetables, fruit, whole grains, pulses and legumes, kiwi fruit

Resistant starch:

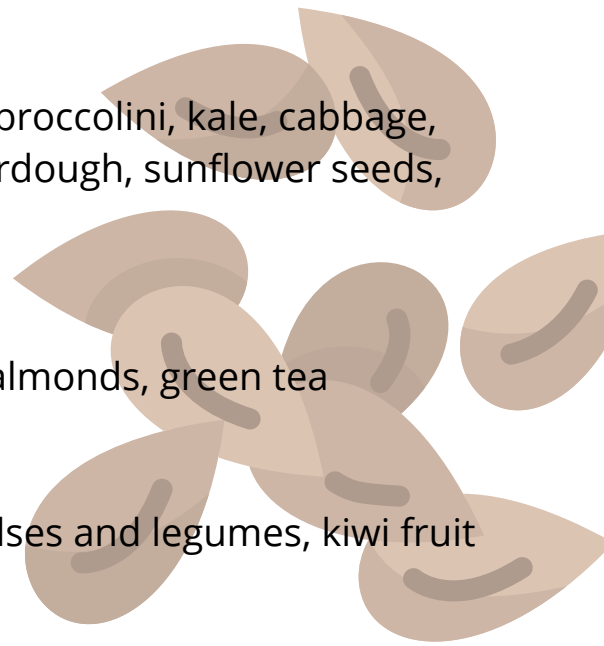
- Cooked and cooled potato, green bananas, uncooked rolled oats, white beans, lentils, stewed apples.

Reference: Hawrelak, 2013

Further Support & Patient Education

hello@anandamahony.com.au

www.anandamahony.com.au



GUT HEALTH

PREBIOTICS

TASTY NUTTY CACAO MIX

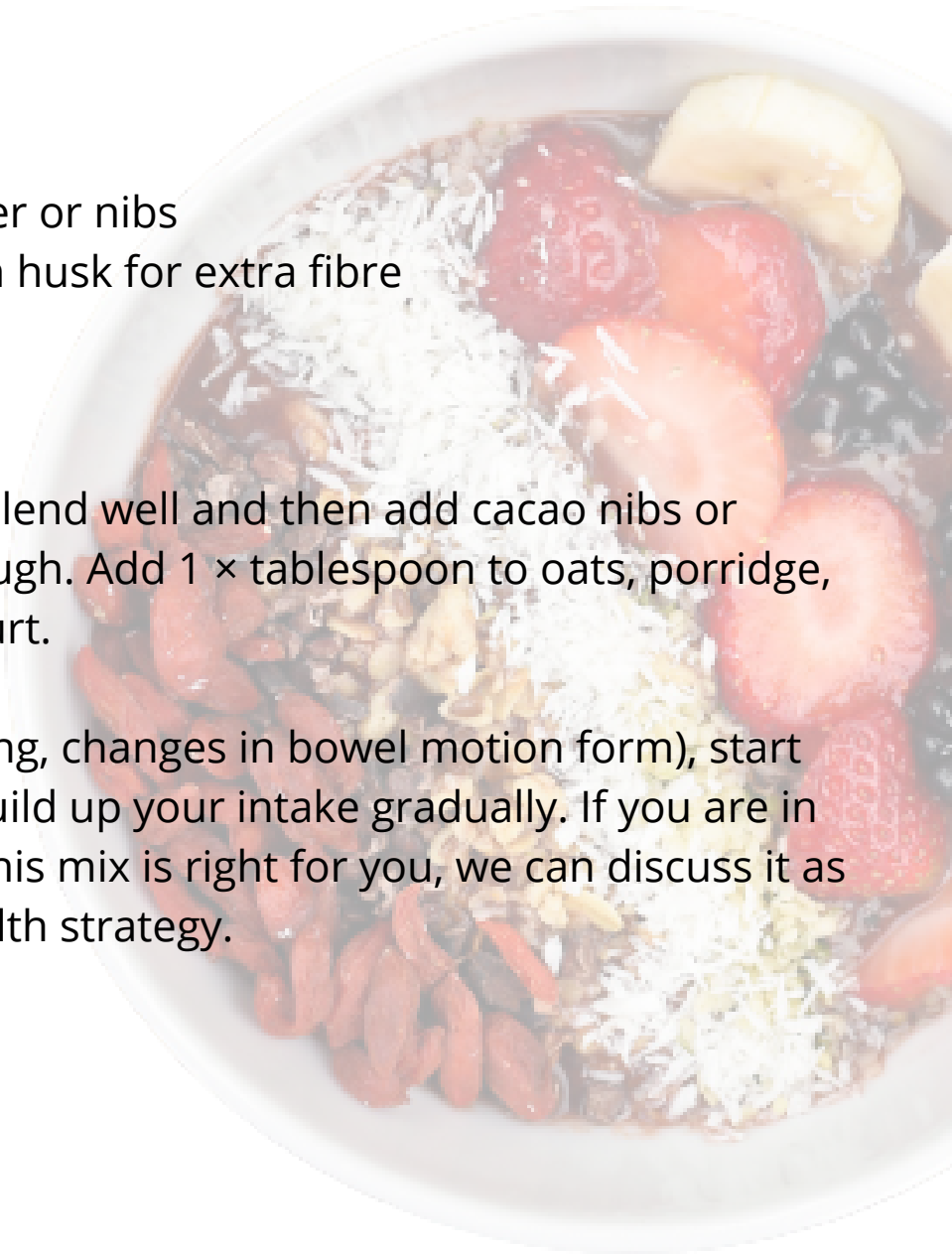
Ingredients:

- 1 part flax seeds
- 1 part sunflower seeds
- 1 part pumpkin seeds
- 1/4 part of cacao powder or nibs
- Optional 1 part psyllium husk for extra fibre

Method:

Add seeds to the blender, blend well and then add cacao nibs or powder and hand mix through. Add 1 × tablespoon to oats, porridge, cereal, a smoothie or yoghurt.

If you react to fibres (bloating, changes in bowel motion form), start with a small amount and build up your intake gradually. If you are in any doubt about whether this mix is right for you, we can discuss it as part of your overall gut health strategy.



Further Support & Patient Education

hello@anandamahony.com.au

www.anandamahony.com.au