The ***NutreeDense*** Edition of

🌿Gut-Friendly Foods:

Caribbean & American Prebiotics + Probiotics

Your gut is your body’s second brain and the right foods can help it thrive. Below is a list of Caribbean and American foods that naturally support gut health by acting as prebiotics, probiotics, or both. Plus, ways to eat them, a quick-glance guide, and a sample 3-day gut-loving routine to get you started.

# 💡 Quick-Glance Gut Benefits

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| **Food** | **Type** | **Gut Benefit** |
| Green Banana | Prebiotic | Feeds good bacteria, supports digestion |
| Yogurt (unsweetened) | Probiotic | Adds beneficial bacteria to the gut |
| Cooked & Cooled Rice | Both | Supports gut lining and bacteria growth |
| Pumpkin Seeds | Prebiotic | Feeds good bacteria + high in magnesium |
| Ginger Beer (homemade) | Probiotic | Boosts circulation and gut flora |

# 🥬 Prebiotic Foods

These feed the good bacteria in your gut and help them grow stronger.

## Caribbean Prebiotics

- Green banana / green plantain (boiled or ground)

- Dasheen (taro root)

- Sweet potato

- Breadfruit

- Okra

## American Prebiotics

- Garlic

- Onions (especially raw)

- Asparagus

- Apples (with skin)

- Oats (whole, unsweetened)

# 🧉 Probiotic Foods

These contain live bacteria that help populate your gut.

## Caribbean Probiotics

- Homemade pickled cucumbers (salt brine)

- Fermented pepper sauce (naturally fermented)

- Homemade ginger beer or mauby (naturally fermented)

## American Probiotics

- Yogurt with live cultures (unsweetened)

- Kefir

- Sauerkraut (raw, refrigerated)

- Kimchi

- Miso

# ⚡ Some Foods Can Be Both

- Cooked and cooled rice or potatoes

- Green banana flour (when used raw)

- Oats (especially soaked or fermented)

# 🍽️ How to Eat These in Real Life

- Green banana mash with onions & sardines

- Add pumpkin seeds to oatmeal or salads

- Yogurt bowl with fruit & cinnamon

- Stir miso paste into warm soups

- Use ginger beer as a drink or marinade base

# 📅 Sample 3-Day Gut Routine

**\*Day 1\***

- Breakfast: Oats + pumpkin seeds + chopped apple

- Lunch: Grilled chicken + okra + rice (cooled and reheated)

- Snack: Yogurt with cinnamon

- Dinner: Sweet potato + sautéed spinach + ginger tea

**\*Day 2\***

- Breakfast: Boiled green banana + avocado

- Lunch: Salmon + asparagus + quinoa

- Snack: Homemade ginger beer

- Dinner: Stir-fry with miso + broccoli + rice

**\*Day 3\***

- Breakfast: Kefir smoothie with oats & berries

- Lunch: Turkey lettuce wraps + sautéed peppers

- Snack: Fermented pickles

- Dinner: Lentils + sweet potato + raw slaw

# 💬 NutreeDense Tip

Wellness doesn’t have to mean doing everything at once. Start with what feels familiar. These gut-friendly foods are just the beginning—let your body guide the rest.

# 🩺 Diabetes-Friendly Notes

Most of the gut-friendly foods in this guide are also supportive for blood sugar balance, especially when paired with fiber, healthy fats, or protein. Below are some helpful notes to guide you:

**✔️ \*\*Best Choices:\*\***

- Okra, garlic, onions, asparagus, spinach, and leafy greens

- Green banana (boiled), plantains (green and boiled only, not fried)

- Yogurt and kefir (unsweetened, with live cultures)

- Pumpkin seeds, oats (whole and unsweetened), miso, kimchi, sauerkraut

 **⚠️ \*\*Use in Moderation:\*\***

- Breadfruit, dasheen, sweet potato (watch portions and avoid frying)

- Cooked and cooled rice or potatoes (great when eaten cold or reheated)

- Homemade ginger beer or mauby (only if made without added sugar)

 **🚫 \*\*Avoid or Limit:\*\***

- Store-bought fermented drinks or yogurts with added sugar

- Ripe or fried plantains, sweetened oats or flavored yogurts

💚 For the best results, aim to pair your carbs with a protein or healthy fat—like adding avocado to plantain, or eggs to oats. This helps slow down sugar absorption and keeps energy steady.