



# VICKI WITT NUTRITION PTY LTD

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## GETTING FOOD FOR OUR GUT FLORA - NATURALLY

It is our aim to keep our gut bacteria happy and healthy. To do this we need to have the correct numbers in their population as well as ensure the right balance and variety of species. Keeping beneficial bacteria supplied with the right foods will deliver their much needed food source and aid other areas of the body at the same time.

Prebiotics are the food sources used by our beneficial bacteria, or probiotics, in our gastrointestinal tracts. The good news is that it is not as hard as you may think to get these great food sources into our daily diets.

There are several forms of prebiotics including polyphenols, inulin, acetate, propionate, and butyrate. By eating food containing or producing these prebiotics you are essentially safe guarding your body and optimizing your health.

### You can expect to see many benefits from eating the right prebiotics including:

- Balanced blood sugar levels – reduced hunger and cravings
- Reduced fat mass – weight loss
- Reduced appetite
- Reduced blood fats – cholesterol and triglycerides
- Reduced insulin output
- Reduced inflammation
- Modulation of immunity and metabolism
- Increase healthy gut bacteria
- Reduce fecal pH, improved bowel softness, bulk and water content
- Reduce pathogens
- Increase mineral absorption
- Enhance gut barrier repair and function

### So what should you be eating to see all these wonderful benefits?

VEGETABLES	<ul style="list-style-type: none"><li>• Chicory</li><li>• Dandelion</li><li>• Garlic, Onion, Leeks, Shallots</li><li>• Artichokes – Globe and Jerusalem</li><li>• Jicama</li><li>• Asparagus</li><li>• Fennel</li><li>• Snow peas</li><li>• Green beans</li><li>• Leafy greens</li></ul>
FRUIT	<ul style="list-style-type: none"><li>• Pomegranate</li><li>• Berries – blue, straw, cran etc</li></ul>

	<ul style="list-style-type: none"> <li>• Green tea</li> <li>• Cherry</li> <li>• Apple &amp; Custard apple</li> <li>• Kiwi</li> <li>• Nectarine</li> <li>• White peach</li> <li>• Permission</li> <li>• Tamarillo</li> <li>• Watermelon</li> <li>• Grapefruit</li> </ul>
BEANS/LEGUMES	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Nut butters/spreads</li> <li>• Lentils</li> </ul>
OTHER	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Kevita sparkling probiotic drink (USA)</li> <li>• Coconut kefir</li> <li>• Coconut water</li> </ul>