

Prebiotic and Probiotic Foods List

This list highlights natural foods that support gut health through probiotics (live beneficial bacteria) and prebiotics (nutrients that feed those bacteria). These foods can improve digestion, immunity, and skin glow.

Probiotic Foods

Food	Description
Yogurt (Dahi)	Naturally fermented milk rich in live cultures; boosts gut balance.
Lassi	Yogurt-based drink that hydrates and replenishes good bacteria.
Homemade Pickles (Achaar)	Boosts digestion and supports healthy gut flora while adding natural flavor.
Sauerkraut	Cabbage fermented with saltwater; excellent source of lactic acid bacteria.
Kefir (Halal Certified)	Fermented milk drink containing multiple probiotic strains; check halal label.

Halal Prebiotic Foods

Food	Description
Bananas	Contain inulin and resistant starch to feed good gut bacteria.
Garlic	Natural prebiotic that supports growth of Lactobacillus and Bifidobacteria.
Onions	Rich in inulin; aids digestion and supports gut flora.
Oats	Contain beta-glucan fiber and resistant starch; great for gut bacteria.
Flaxseeds	Provide soluble fiber that acts as prebiotic fuel.
Apples	Contain pectin, a fiber that helps beneficial bacteria thrive.
Chickpeas & Lentils	High in fiber and prebiotics; excellent halal plant-based option.

These foods are natural and help maintain a balanced gut microbiome. Combine probiotic and prebiotic foods daily for optimal digestive health and glowing skin.