

6 Surprisingly Gut-Boosting Foods you Probably Already Have in your Kitchen!

1. OLIVE OIL

Extra virgin olive oil is considered by some to be the healthiest fat on earth. It's high in antioxidants which can fight inflammation and help reduce the risk of chronic disease. It's also great for your gut because gut bacteria and the other beneficial microbes in your gut are nourished by the fatty acids and micronutrients in the oil. Drizzle it over vegetables before cooking them or whip up a simple home-made salad dressing with olive oil, balsamic vinegar, honey and a pinch of salt and pepper!

2. BANANAS

Bananas sometimes get a bad reputation for carb-counting dieters, but carbs are a necessary part of every diet, and bananas are a great natural source. They are incredibly high in potassium which can boost your mood, athletic performance and mental clarity. Besides being chock-full of healthy minerals, bananas are full of prebiotic fiber which is the type of fiber that gut microbes enjoy. Less ripe bananas are also rich in resistant starch -- a complex carb that acts a lot like fiber. It doesn't get digested until it reaches the large intestine. There it feeds the good bacteria. When these guys get nourished they are able to better contribute to digestive health and increase your metabolism.

3. APPLE CIDER VINEGAR

Apple cider vinegar is the "mother" of superfoods. The main active compound in vinegar is acetic acid. When choosing an apple cider vinegar, choose one that is organic and unfiltered. You'll want to look for the murky substance at the bottom called the "mother" which has strands of friendly bacteria, proteins and enzymes. There are a wide range of health benefits from apple cider vinegar including regulating blood sugar levels, relieving acid reflux and stopping cell damage. In your gut, vinegar can help kill pathogens including bad bacteria. Plus it helps your body create a beneficial acid that helps digest fats, proteins and carbohydrates. With apple cider vinegar a little goes a long way. Most people like to dilute it in water and drink it, but you can also use it as a salad dressing. Start small, with 1-2 teaspoons gradually increasing to up to 2 tablespoons daily.

4. MANGOS

If you want to help keep the good bacteria in your gut alive, try eating mangos. Mangos are rich in beta-carotene and antioxidants which combat aging and may delay cell damage. Mangos also provide a good dose of immunity boosting vitamins like A and C. In your gut, the insoluble and soluble fiber in mangos helps with digestion. Soluble fiber helps slow down the digestive process which allows more nutrients to be absorbed. Insoluble fiber (that stringy stuff in the mangos) travels further in the digestive system and helps to regulate bowel movements.

5. GARLIC

Garlic isn't just useful as a powerful flavoring for food. As a gut-booster, it serves as a prebiotic to fuel the existing flora in your gut. Garlic, with its antibacterial and antifungal properties, can help keep "bad" gut bacteria under control and help balance yeast in the gut. Use it as a flavoring for savory dishes. The properties within garlic act as a fuel source to allow the bacteria to do their job better which improves overall gut function. Besides food for those little microbes, garlic's many benefits include boosting immunity, combatting allergies, decreasing blood pressure and cholesterol, and strengthening bones. Use garlic to flavor soups, chicken, or other savory dishes. Some studies show that swallowing a whole garlic clove every day can work wonders.... Just don't chew!

6. CHOCOLATE

There are many people who argue that chocolate is the perfect food, but to those microbes in your gut, it really is. Chocolate is a natural prebiotic which means it provides a good food source to those tiny beneficial bacteria and fungi. Besides the deep down benefits, multiple studies show that eating a small amount of dark chocolate every day lowered blood pressure an average of two to three points. Dark chocolate also fights inflammation and stress!

Keets organic chocolate probiotic supplements combine the power of science with proven probiotics that contain beneficial bacteria and fungi and the delicious benefits of dark chocolate. To give you something your gut and taste buds can agree on.

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