

EXERCISE FOR MODULE TWO



Exercise

1. Add a fermented food to your diet this week
2. Build a prebiotic/probiotic recipe or meal

Add A Fermented Food

- Look at the list of fermented foods and choose one you do not eat on regular basis
- If you do not do any – then go slow – if you have had one before and you know it works well for you – start there
- If you have to start with a tsp because your digestive system is very challenged – then that is fine
- Eat this food three times this week even if it is a tsp every other day

List of Fermented Foods

- Full Fat Yogurt
- Kefir (Liberte)
- Miso
- Kimchi
- Sauerkraut
- True Sourdough
- Red or White Wine
- Unpasteurized Beer
- Cultured Vegetables
- Tempeh
- Apple Cider Vinegar
- Raw Milk Aged Cheese



2. Build A Prebiotic/Probiotic Meal

- The goal of this task is to create a recipe or combine a meal with prebiotic and probiotic foods with herbs and spices for extra digestive benefit
- Look at the list of prebiotic foods and pick 4 ingredients you like
- Pick a fermented food to add to it
- If you do not cook well , then plan a meal based on prebiotic foods and pick a fermented food as a condiment
- Don't forget to chew!

Prebiotic Food Sources

- FOS and Inulin: Jerusalem artichokes, chicory, garlic, onions, dandelion greens, asparagus, bananas, blueberries, almonds, broccoli, cabbage, kale, cauliflower, radish, chia, flax, tomatoes
- GOS: Dairy products and legumes
- Resistant Starch: Wheat, rye, spelt, kamut, barley, oats, corn, brown rice (and cooled white rice), potatoes, sourdoughm quinoa, sweet potatoes

