# Top Foods for Gut Health During World Microbiome Week



During the recent World Microbiome Week, gastronomic and nutritional experts from the University of Cork provided insight into foods beneficial for gut microbiome health. The event underscored the increasing interest in gut health and listed 17 recommended foods:

* Porridge - Contains beta glucans that function as prebiotics.
* Blueberries - Rich in polyphenol antioxidants.
* Cheese - Fermented cheeses like Gouda and Parmesan supply probiotic bacteria.
* Kefir - A milk drink teeming with beneficial bacteria.
* Asparagus - Contains prebiotics like xylose and inulin.
* Cereals - Wholegrain options provide arabinoxylan, a valuable prebiotic.
* Onions - High in prebiotics.
* Beans - Pulses like chickpeas and lentils offer fiber that modifies gut microbiota.
* Olive Oil - Extra virgin olive oil boosts bacterial diversity.
* Yogurt - Live yogurt is beneficial for those with lactose intolerance.
* Strawberries - Packed with fiber and polyphenols.
* Kombucha - A fermented tea beneficial for gut health.
* Green Olives - Fermented in brine, they are rich in lactobacilli.
* Broccoli - Rich in fiber and polyphenols.
* Bananas - High in prebiotic fiber, especially when slightly green.
* Fish - Oily fish like salmon and sardines are beneficial due to omega-3 fats.
* Flaxseed - Adds soluble fiber and omega-3 fats.

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These foods, according to University of Cork researchers, bolster a diverse and healthy gut microbiome.