

Dr. Davis Infinite Health PrEbiotic Fibers

Please see Super Gut: pages 207 – 210, Undoctored: pages 257 – 267 or Wheat Belly 10 Day Grain Detox: pages 63 – 68 for more information

Start only after you have had prObiotics for at least three days. **START SLOW!!!** 10 grams per day and work your way up to 20 grams per day. Be sure to get VARIETY in your prebiotic fibers each day. We don't want to get all 20 grams from one source. Switch it up! <https://blog.undoctored.com/foods-rich-prebiotic-fibers/>

- Inulin or FOS powder (see label for fiber grams) 0 net carbs, about 3 grams of prebiotic fiber per teaspoon. Many add it to their coffee or tea.
- Acacia powder (see label for fiber grams) 0 net carbs, about 5.5 grams of prebiotic fiber per Tablespoon. Suggest use: add it to a glass and then fill it with water, stir. Don't add it to water or it will clump. Use that water to take your supplements with.
- Green bananas and plantains: really, really, really green – minimal yellow color. 10.9 grams of prebiotic fiber per 1 medium (7-inch) banana, 0 grams net carbs.
- Raw white potato: uncooked!! Heating creates a high is sugar, carbs and low in fiber end result. 10 to 12 grams per 1/2 medium (3 1/2 inch diameter): 0 grams net carbs. Note: Avoid any raw potatoes with green skin, as this is a fungus. If encountered, peel off the skin. Perfect to use as a dipper into hummus, guacamole, etc.
- Hummus or chick peas: 8 grams of prebiotic fiber per 1/2 cup (13.5 grams netcarbs)
- Lentils: 2.5 grams per 1/2 cup (11 grams net carbs)
- Beans: 3.8 grams per 1/2 cup: white beans are the richest with twice this quantity (12 grams net carbs)



Notes: Modest quantity of prebiotic fibers in fruit (pectin) 1 cup of blackberries, raspberries, pomegranate and one medium apple have about 1-2 grams of pectin per serving. Be mindful of carb count! Avocados have about 1-2 grams of pectin and only 4 net carbs. Other sources include chia seeds and flaxseed (not yet precisely quantified), nuts, mushrooms, shirataki noodles, and vegetables (about 1-3 grams from asparagus, jicama, turnips, parsnips, onions, garlic and shallots, carrots, leeks, dandelion greens, radishes, cabbage, Brussels sprouts. Values for prebiotic content vary depending on the source and the method used to measure.

If you experience gas, bloating or digestive distress after prEbiotic fibers, stop taking them for a few weeks and then slowly start them again. If it continues to cause issues you may have to look into SIBO, SIFO, etc. in the Dr. Davis Inner Circle and on the Blog.