

# How Fiber in Specific Food Supports Your Gut and Your Health

## INSOLUBLE

### Cellulose

INCREASES SHORT CHAIN FATTY ACIDS (SCFA)

FOOD SOURCE: FRUIT, VEG, LEGUMES, SEEDS, NUTS

### Hemicellulose

INCREASES BETA GLUCURONIDASE TO SUPPORT DETOXIFICATION

FOUND IN WHOLE GRAINS

## HYDROPHYLIC

### Supports growth of SCFA: Propionate

### Supports growth of Bacteroidetes, Firmicutes & Bifidobacteria

FOUND IN GUMS SUCH AS ZANTHUM, GUAR ARABIC

## SOLUBLE

### Specific Fiber: Oat Beta-glucan

SUPPORTS GROWTH OF SCFA,

SUPPORTS GROWTH OF LACTOBACILLUS, BIFIDOBACTERIUM

FOUND IN OAT, BARLEY, AND RYE

### Specific Fiber: Mushroom Beta-glucan

SUPPORTS GROWTH OF SCFA

SUPPORTS GROWTH OF BACTEROIDETES FIRMICUTES

### Pectin

SUPPORTS GROWTH OF SCFA: BUTYRATE

FOUND IN APPLES, PEARS, PLUMS, APRICOTS, CITRUS (PEEL), BLACKBERRIES, RASPBERRIES, STRAWBERRIES

## OLIGOSACCHARIDES

### Inulin

SUPPORTS GROWTH OF BIFIDOBACTERIUM

FOUND IN CHICORY ROOT, BURDOCK ROOT, JERUSALEM ARTICHOKE

### Fructo-Oligosaccharides

SUPPORTS GROWTH OF SCFA

SUPPORTS GROWTH OF LACTOBACILLUS & BIFIDOBACTERIUM

FOUND IN ONION, CHICORY, GARLIC, AND ASPARAGUS

### Galacto-Oligosaccharides

SUPPORTS GROWTH OF SCFAS: ACETATE & LACTATE

SUPPORTS GROWTH OF LACTOBACILLUS & BIFIDOBACTERIUM

FOUND IN LEGUMES