

Scientists Name Top Five Foods Rich in Prebiotics

Eating more of these foods could benefit your gut microbiome

High-impact popular outlets

- Fox News: <https://www.foxnews.com/health/best-prebiotic-packed-foods-boosting-gut-health-new-study-finds>
- Yahoo! News: <https://news.yahoo.com/best-prebiotic-packed-foods-boosting-124833587.html>
- Newsweek: <https://www.newsweek.com/scientists-identify-best-prebiotic-foods-gut-health-1814620>
- New Scientist: <https://www.newscientist.com/article/2383723-revealed-the-five-foods-that-are-key-to-maintaining-good-gut-health/>
- Insider: <https://www.insider.com/top-5-healthy-foods-for-your-gut-garlic-onions-leeks-2023-7>

Science/medical outlets

- Healio: <https://www.healio.com/news/primary-care/20230722/top-10-foods-rich-in-prebiotics>
- Earth.com: <https://www.earth.com/news/boost-your-gut-health-top-five-prebiotic-rich-foods-revealed/>
- Everyday Health: <https://www.everydayhealth.com/diet-nutrition/new-study-reveals-top-food-sources-of-health-boosting-prebiotics/>
- VegNews: <https://vegnews.com/2023/7/vegetables-gut-health-prebiotics-study>
- New Food Magazine: <https://www.newfoodmagazine.com/news/193834/top-five-prebiotic-rich-foods-revealed/>
- FoodProcessing.com: <https://www.foodprocessing.com.au/content/ingredients/article/top-five-foods-rich-in-prebiotics-1370439223>
- Health: <https://www.health.com/top-prebiotic-foods-7563612>
- Medical News Today: <https://www.medicalnewstoday.com/articles/the-best-food-sources-for-prebiotics>
- Express Healthcare Management: <https://www.expresshealthcaregmt.com/news2/these-are-the-best-prebiotic-packed-foods-for-boosting-gut-health-new-study-finds/402/>
- MedicalXpress: <https://medicalxpress.com/news/2023-07-scientists-foods-rich-prebiotics.html>
- Medical Dialogues: <https://medicaldialogues.in/mdtv/gastroenterology/videos/scientists-name-top-five-foods-rich-in-prebiotics-114799>
- News Medical Life Sciences: <https://www.news-medical.net/news/20230723/Top-5-foods-with-the-highest-prebiotic-content.aspx>
- Study Finds: <https://studyfinds.org/best-prebiotics-top-5-foods/>
- One Green Planet: <https://www.onegreenplanet.org/natural-health/boost-gut-health-top-5-prebiotic-foods/>

Additional outlets (this is a sampling; there are many articles from smaller outlets)

- Fatherly: <https://www.fatherly.com/news/prebiotic-foods-gut-biome-health>
- WFIN: <https://wfin.com/fox-health-news/these-are-the-best-prebiotic-packed-foods-for-boosting-gut-health-new-study-finds/>
- World Today News: <https://www.world-today-news.com/title-discover-the-top-foods-with-the-highest-amounts-of-prebiotics-for-a-healthy-gut-microbiome/>
- Talker News syndicates (there are many; this is a sampling)
 - NBC Right Now: https://www.nbcrightnow.com/lifestyles/health/garlic-and-onions-some-of-best-foods-to-eat-for-a-healthier-gut/article_c2b71974-6b65-56ad-bdaa-0d018ad81b10.html
 - KULR 8: https://www.kulr8.com/lifestyles/health/garlic-and-onions-some-of-best-foods-to-eat-for-a-healthier-gut/article_2261cb2d-416c-532e-bf52-a7020e904a90.html
 - The Conway Daily Sun: https://www.conwaydailysun.com/lifestyles/health/garlic-and-onions-some-of-best-foods-to-eat-for-a-healthier-gut/article_d5aa2a12-1066-59f8-8e08-735f5ef9104d.html
 - Mountain Democrat: https://www.mtdemocrat.com/lifestyles/health/garlic-and-onions-some-of-best-foods-to-eat-for-a-healthier-gut/article_5152b877-51d8-5509-a66a-cabf976d897b.html
 - Bloomer News: https://www.bloomeradvance.com/lifestyles/health/article_5b33b111-094f-5957-8762-bb80e945dff0.html
- Bollyinside: <https://www.bollyinside.com/news/health-news/new-study-reveals-top-prebiotic-rich-foods-for-enhancing-gut-health/>
- BollyInside: <https://www.bollyinside.com/news/health-news/five-foods-that-enhance-prebiotics-and-support-a-healthy-gut/>
- News Beezer: <https://newsbeezer.com/southafrica/researchers-identify-the-five-foods-with-the-highest-levels-of-prebiotics-health/>
- Boldsky: <https://www.boldsky.com/health/top-5-foods-with-the-highest-prebiotic-content-identified-digestion-147729.html>
- Zenger: <https://www.zenger.news/2023/07/25/prebiotic-rich-foods-like-garlic-and-onions-promote-a-thriving-gut-microbiome/>
- Play Crazy Game: <https://playcrazygame.com/blog/2023/07/23/scientists-list-the-top-five-foods-rich-in-prebiotics/>
- Revyuh: <https://www.revyuh.com/news/lifestyle/health-and-fitness/new-study-identifies-the-5-best-prebiotic-foods-for-a-healthy-gut/>
- True Scoop News: <https://www.truescoopnews.com/stories/gut-health-study-prebiotic-rich-foods-healthy-microbiome>
- Code List: <https://codelist.biz/2023/08/05/seven-foods-that-promote-better-gut-health/>
- Knowridge: <https://knowridge.com/2023/07/the-power-of-prebiotics-boosting-gut-health-with-your-diet/>
- Latestly: <https://www.latestly.com/agency-news/health-news-researchers-identify-top-five-foods-rich-in-prebiotics-5287540.html>

- Leni Loud: <https://leniloud.com/news/new-study-uncovers-top-prebiotics-foods-sources-of-health-boosting/>
- Medium: <https://medium.com/@morpheusinbox/new-research-reveals-top-5-foods-packed-with-prebiotics-c952eac20e64>
- ES Euro: <https://euro.eseuro.com/trends/698775.html>
- DayFR Euro: <https://euro.dayfr.com/health/560680.html>
- Activist Post: <https://www.activistpost.com/2023/07/best-prebiotics-scientists-name-top-5-foods-for-your-gut-microbiome.html>
- Inergency: <https://inergency.com/revealed-the-five-foods-that-are-key-to-maintaining-good-gut-health/>
- Neuliven Health: <https://blog.neulivenhealth.com/post/research-finds-top-five-foods-sources-of-prebiotics>
- USA News: <https://www.usanews.net/breaking/what-are-the-five-foods-richest-in-prebiotics-h77899.html>
- Time News: <https://time.news/the-top-prebiotic-rich-foods-for-a-healthy-gut-microbiome-according-to-new-study/>

International outlets (English language only)

- Your Weather (UK): <https://www.yourweather.co.uk/news/science/researchers-reveal-top-five-foods-prebiotics-health-diet.html>
- Independent News (Ireland): https://www.independentnews.com/lifestyles/health/garlic-and-onions-some-of-best-foods-to-eat-for-a-healthier-gut/article_355ddca4-42e3-5b0c-ab92-649d07b644fc.html
- Business Insider (India): <https://www.businessinsider.in/science/health/news/scientists-have-identified-5-of-the-healthiest-foods-for-your-gut-and-some-are-probably-already-in-your-kitchen/articleshow/102043977.cms>
- Investing (India): <https://in.investing.com/news/prebiotic-rich-artichokes-garlic--onions-can-keep-your-gut-healthy-study-3735764>
- Hindustan Times (India): <https://www.hindustantimes.com/lifestyle/health/researchers-identify-top-five-foods-rich-in-the-highest-prebiotic-content-101690186252528.html>
- Times Now News (India): <https://www.timesnownews.com/health/researchers-identify-top-five-foods-rich-in-prebiotics-article-102088026>
- DT Next (India): <https://www.dtnext.in/lifestyle/wellbeing/prebiotic-rich-artichokes-garlic-onions-can-keep-your-gut-healthy-726094#bypass-sw>
- The Goa Spotlight (India): <https://thegoaspotlight.com/what-are-they-for-and-how-are-they-different-from-probiotics/>
- Sakshi Post (India): <https://www.sakshipost.com/news/prebiotic-rich-artichokes-garlic-onions-can-keep-your-gut-healthy-study-212272>
- India Posts English (India): <https://india.postsen.com/world/850109.html>
- Odisha TV (India): <https://odishatv.in/news/health/prebiotic-rich-artichokes-garlic-onions-can-keep-your-gut-healthy-study-210344>

- Times of Oman (Oman): <https://timesofoman.com/article/133919-researchers-identify-top-five-foods-rich-in-prebiotics>
- AFHIL (Lebanon): <https://afhil.com/garlic-and-onions-for-a-healthier-gut/>