Scientists Name Top Five Foods Rich in Prebiotics

Eating more of these foods could benefit your gut microbiome

High-impact popular outlets

• 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

• VegNews: https://vegnews.com/2023/7/vegetables-gut-health-prebiotics-study
• 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
• Medical Dialogues: https://medicaldialogues.in/mdtv/gastroenterology/videos/scientists-name-top-five-foods-rich-in-prebiotics-114799
• 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)

- WFIN: https://wfin.com/fox-health-news/these-are-the-best-prebiotic-packed-foods-for-boosting-gut-health-new-study-finds/
- Talker News syndicates (there are many; this is a sampling)
  - Bloomer News: https://www.bloomeradvance.com/lifestyles/health/article_5b33b111-094f-5957-8762-bb80e945df0.html
- Play Crazy Game: https://playcrazygame.com/blog/2023/07/23/scientists-list-the-top-five-foods-rich-in-prebiotics/
- 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/
• 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
• 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)
• Investing (India): https://in.investing.com/news/prebiotic-rich-artichokes-garlic--onions-can-keep-your-gut-healthy-study-3735764
• DT Next (India): https://www.dtdnext.in/lifestyle/wellbeing/prebiotic-rich-artichokes-garlic-onions-can-keep-your-gut-healthy-726094#bypass-sw
• The Goa Spotlight (India): https://thegoaospotlight.com/what-are-they-for-and-how-are-they-different-from-probiotics/
• 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