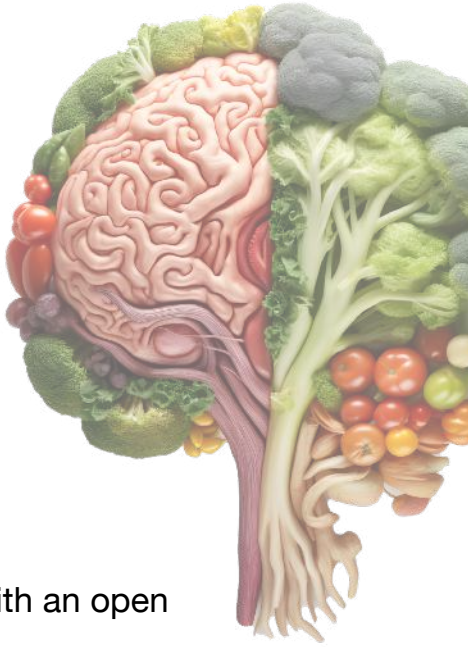
50 Fibre-Rich Foods:

To Help You Thrive With ADHD



This is a list of 50 fibre-rich foods, each listing their specific fibre content, their content in polysaccharides, polyphenols and micronutrients, as well as their known benefits for the gut microbiome. This comprehensive list should provide you with a robust, science-based resource for understanding the diverse benefits of these foods, particularly in relation to gut health and mental wellbeing.

I hope you find this list useful. Please experiment with foods with an open mind and listen to your gut. You might be surprised by what messages you get!

In health,

Dr Miguel

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1. Barley

Fibre content: Approximately 17.3 grams per 100 grams.

Type of fibre: Rich in both soluble fibre (beta-glucans) and insoluble fibre (cellulose, hemicellulose).

Polysaccharides: Xylans and arabinoxylans.

Polyphenols: Contains lignans, ferulic acid, and saponarin.

Known gut microbiome benefits: Nourishes beneficial gut bacteria like Faecalibacterium and Roseburia.

Micronutrients: High in vitamin E and selenium.

2. Oats

Fibre content: Around 10.6 grams per 100 grams.

Type of fibre: Predominantly soluble fibre (beta-glucan).

Polysaccharides: Beta-glucans.

Polyphenols: Avenanthramides, ferulic acid, and phytic acid.

Known gut microbiome benefits: Oats support the growth of Bifidobacteria and Lactobacilli.

Micronutrients: Rich in manganese and magnesium.

3. Lentils

Fibre content: Approximately 7.9 grams per 100 grams.

Type of fibre: Contains both soluble (pectins) and insoluble fibres (cellulose, hemicellulose).

Polysaccharides: Pectins.

Polyphenols: Rich in flavonoids, tannins, and saponins.

Known gut microbiome benefits: Lentils promote the growth of Lactobacilli and Bifidobacteria and contribute to microbial diversity.

Micronutrients: High in folate and iron.

4. Chickpeas

Fibre content: Around 7.6 grams per 100 grams.

Type of fibre: Mixture of insoluble fibres (cellulose) and soluble fibres (alpha-galactosides).

Polysaccharides: Raffinose family oligosaccharides, e.g. alpha-galactooligosaccharides

Polyphenols: Contains flavonoids, isoflavones, and saponins.

Known gut microbiome benefits: Support the growth of Bifidobacterium, the butyrate-producing microbe Faecalibacterium and acetate-producing Ruminococcus.

Micronutrients: Great source of protein and iron.

5. Black beans

Fibre content: Approximately 8.7 grams per 100 grams.

Type of fibre: Composed of polysaccharides like pectin and stachyose.

Polysaccharides: Pectins and stachyose.

Polyphenols: High in flavonoids, especially anthocyanins.

Known gut microbiome benefits: Support Lactobacilli and Bifidobacteria.

Micronutrients: Rich in protein and antioxidants.

6. Raspberries

Fibre content: About 6.5 grams per 100 grams.

Type of fibre: Primarily insoluble fibre (cellulose).

Polysaccharides: Cellulose.

Polyphenols: Contains ellagic acid, quercetin, and catechins.

Known gut microbiome benefits: Support the growth of Lactobacillus and contribute to better microbial diversity.

Micronutrients: High in vitamin C and manganese.

7. Artichokes

Fibre content: Around 8.6 grams per 100 grams.

Type of fibre: Primarily inulin, a type of soluble fibre.

Polysaccharides: Inulin.

Polyphenols: Rich in cynarin, silymarin, and luteolin.

Known gut microbiome benefits: Promotes the growth of Bifidobacteria and Lactobacilli and contribute to better microbial diversity.

Micronutrients: Good source of vitamin C and K.

8. Green peas

Fibre content: Approximately 5.7 grams per 100 grams.

Type of fibre: Contains polysaccharides like hemicellulose.

Polysaccharides: Hemicellulose.

Polyphenols: Contains pisumsaponins and pisomosides.

Known gut microbiome benefits: Promote growth of butyrate producing bacteria like Faecalibacterium and Roseburia.

Micronutrients: Rich in vitamin C, K, and several B vitamins.

9. Broccoli

Fibre content: Roughly 2.6 grams per 100 grams.

Type of fibre: Mix of soluble and insoluble fibres.

Polysaccharides: Glucans.

Polyphenols: Contains glucosinolates and kaempferol.

Known gut microbiome benefits: Beneficial for Lactobacillus, Bifidobacterium and microbial diversity.

Micronutrients: High in vitamin C, K, and folate.

10. Brussels sprouts

Fibre content: Around 3.8 grams per 100 grams.

Type of fibre: Contains glucosinolates.

Polysaccharides: Glucosinolates.

Polyphenols: Rich in kaempferol.

Known gut microbiome benefits: Beneficial for Lactobacillus, Bifidobacterium and microbial diversity.

Micronutrients: High in vitamins K and C.

11. Apples

Fibre content: About 2.4 grams per 100 grams.

Type of fibre: Predominantly soluble fibre (pectin).

Polysaccharides: Pectin.

Polyphenols: Rich in quercetin, catechins, and chlorogenic acid.

Known gut microbiome benefits: Nourish beneficial gut bacteria like Bifidobacteria and promote microbial diversity.

Micronutrients: Good source of vitamin C and various antioxidants.

12. Pears

Fibre content: Approximately 3.1 grams per 100 grams.

Type of fibre: Soluble fibre (pectin).

Polysaccharides: Pectin.

Polyphenols: Contains arbutin, chlorogenic acid.

Known gut microbiome benefits: Promote the abundance of Bifidobacterium and Eubacterium group of microbes.

Micronutrients: High in vitamin C and K.

13. Almonds

Fibre content: Approximately 12.5 grams per 100 grams.

Type of fibre: Insoluble fibre (cellulose) and soluble fibre.

Polysaccharides: Cellulose, Lignin.

Polyphenols: Rich in flavonoids and phenolic acids.

Known gut microbiome benefits: Promote healthy microbial diversity and the production of short-chain fatty acids.

Micronutrients: High in vitamin E, magnesium, and healthy fats.

14. Chia Seeds

Fibre content: About 34.4 grams per 100 grams.

Type of fibre: Soluble fibre (mucilage).

Polysaccharides: Mucilage.

Polyphenols: Contains caffeic acid, quercetin.

Known gut microbiome benefits: Chia seeds improve the integrity of the gut lining and protect its functionality.

Micronutrients: Rich in omega-3 fatty acids and calcium.

15. Flaxseeds

Fibre content: Approximately 27.3 grams per 100 grams.

Type of fibre: Soluble fibre (mucilage).

Polysaccharides: Mucilage.

Polyphenols: High in lignans, which have antioxidant properties.

Known gut microbiome benefits: Support diversity, help with formation of stool, and attenuate inflammation induced by lipopolysaccharides (LPS), toxic molecules present on the cell membrane of pathogenic bacteria. Doing this it mitigates the damage of dysbiosis.

Micronutrients: Source of omega-3 fatty acids and lignans.

16. Sweet potatoes

Fibre content: Around 3 grams per 100 grams.

Type of fibre: Mixture of soluble and insoluble fibres.

Polysaccharides: Cellulose, lignin.

Polyphenols: Contains chlorogenic acid, anthocyanins.

Known gut microbiome benefits: Sweet potatoes increase the abundance of Lactobacillus and Faecalibaculum, beneficial bacteria, which maintain the intestinal flora balance and have anti-inflammatory effects.

Micronutrients: Rich in beta-carotene, vitamin A, and potassium.

17. Bananas

Fibre content: About 2.6 grams per 100 grams.

Type of fibre: Soluble fibre (pectin) and insoluble fibre (cellulose).

Polysaccharides: Pectin, cellulose.

Polyphenols: Contains catechins and gallocatechins.

Known gut microbiome benefits: Bananas are bifidogenic, i.e. the promote the growth of Bifidobacterium. This contributes to the maintenance of optimum acidity levels in the colon, which enables the growth and stability of other beneficial bacteria.

Micronutrients: High in potassium and vitamin C.

18. Blueberries

Fibre content: Approximately 2.4 grams per 100 grams.

Type of fibre: Predominantly soluble fibre (pectin).

Polysaccharides: Pectin.

Polyphenols: Rich in anthocyanins, quercetin, and myricetin.

Known gut microbiome benefits: Eating blueberries reduces gut permeability, lowers oxidative stress and improves gut inflammation, while promoting diversity.

Micronutrients: High in vitamin C, K, and manganese.

19. Carrots

Fibre content: Around 2.8 grams per 100 grams.

Type of fibre: Soluble and insoluble fibres.

Polysaccharides: Cellulose, hemicellulose, rhamnogalacturonan

Polyphenols: Contains beta-carotene, lutein.

Known gut microbiome benefits: Eating carrots increases faecal bile acid and fat excretion, helping to dispose of toxins via bowel movements.
Rhamnogalacturonan in carrots has an affinity with Bifidobacterium longum, which has been found to be one of the probiotic strains that help with mental wellbeing.

Micronutrients: High in beta-carotene (vitamin A precursor) and vitamin K.

20. Beets

Fibre content: About 2.8 grams per 100 grams.

Type of fibre: Mixture of soluble and insoluble fibres.

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Rich in betalains, which have antioxidant properties.

Known gut microbiome benefits: Betalains have powerful anti-inflammatory and antimicrobial properties, helping with the balance between beneficial and pathogenic bacteria.

Micronutrients: Good source of folate and manganese.

21. Spinach

Fibre content: Around 2.2 grams per 100 grams.

Type of fibre: Insoluble fibre (cellulose).

Polysaccharides: Cellulose.

Polyphenols: Contains flavonoids like kaempferol.

Known gut microbiome benefits: Spinach supports the growth of Lactobacillus and Oxalobacter, a microbe that degrades oxalate in vegetables, preventing the formation of crystals that can end up in joints and kidneys, causing pain.

Micronutrients: High in vitamin K, A, C, and folate.

22. Oranges

Fibre content: About 2.4 grams per 100 grams.

Type of fibre: Soluble fibre (pectin).

Polysaccharides: Pectin.

Polyphenols: Contains hesperidin and naringenin.

Known gut microbiome benefits: Eating oranges and drinking orange juice (preferably with the pulp) enriches some bacteria belonging to the Bacteroidetes and Prevotella 9 groups that have been found to have a positive link to heart health.

Micronutrients: Rich in vitamin C and folate.

23. Quinoa

Fibre content: Approximately 2.8 grams per 100 grams.

Type of fibre: Contains both soluble and insoluble fibres.

Polysaccharides: Cellulose, beta-glucans.

Polyphenols: Contains quercetin and kaempferol.

Known gut microbiome benefits: Quinoa polysaccharides are prebiotic and increase the abundance of Bifidobacterium and Collinsella. These two microbes are foundational to a healthy human microbiome throughout the lifespan.

Micronutrients: High in protein, magnesium, and iron.

24. Avocado

Fibre content: Around 6.7 grams per 100 grams.

Type of fibre: Mixture of soluble and insoluble fibres.

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Contains catechins and procyanidins.

Known gut microbiome benefits: Eating avocados promotes the growth of Faecalibacterium, Lachnospira and Alistipes, all of which are excellent producers of short-chain fatty acids like butyrate that lubricates gut-brain communication.

Micronutrients: Rich in healthy fats, vitamin E, and potassium.

25. Cauliflower

Fibre content: About 2.0 grams per 100 grams.

Type of fibre: Predominantly insoluble fibre (cellulose).

Polysaccharides: Cellulose.

Polyphenols: Contains glucosinolates and isothiocyanates.

Known gut microbiome benefits: Cauliflower promotes the growth of Lactobacilli and bacteria that are able to process sulphate in foods. This might cause wind, but it's partly why cruciferous vegetables are so beneficial for gut health.

Micronutrients: High in vitamin C and K.

26. Kale

Fibre content: About 2.0 grams per 100 grams.

Type of fibre: Mainly insoluble fibre (cellulose).

Polysaccharides: Cellulose.

Polyphenols: Contains flavonoids like quercetin and kaempferol.

Known gut microbiome benefits: Kale improves bowel movement frequency in constipation and supports the growth of Eubacterium, an essential microbe that some scientists (including me!) consider a good marker for overall gut health.

Micronutrients: High in vitamins K, A, and C.

27. Garlic

Fibre content: Approximately 1.2 grams per 100 grams.

Type of fibre: Contains inulin, a type of soluble fibre.

Polysaccharides: Inulin, fructooligosaccharides (FOS).

Polyphenols: Rich in allicin and alliin.

Known gut microbiome benefits: Promotes growth of beneficial bacteria like Bifidobacteria.

Micronutrients: Contains manganese, vitamin B6, and vitamin C.

28. Onions

Fibre content: About 1.7 grams per 100 grams.

Type of fibre: Soluble fibre, mainly fructans.

Polysaccharides: Fructooligosaccharides (FOS), inulin.

Polyphenols: Contains quercetin and other flavonoids.

Known gut microbiome benefits: FOS and inulin in onions are excellent at promoting the abundance of Lactobacillus and Bifidobacterium and regulating inflammation.

Micronutrients: Source of vitamin C and B vitamins.

29. Mushrooms

Fibre content: Approximately 2.5 grams per 100 grams.

Type of fibre: Mainly insoluble fibre (chitin, beta-glucans).

Polysaccharides: Chitin, beta-glucans, mannans, xylans, and galactans

Polyphenols: Contains various antioxidants like ergotionein, galic acid, catechins, lutein and zeaxanthin.

Known gut microbiome benefits: Mushroom polysaccharides regulate gut microbiota, reducing the levels of pathogens and stimulating the growth of beneficial microorganisms. They're excellent aids to prevent dysbiosis and keep the risk of chronic intestinal permeability (aka leaky gut) low.

Micronutrients: Good source of selenium and B vitamins.

30. Red bell peppers

Fibre content: Around 2.1 grams per 100 grams.

Type of fibre: Mix of soluble and insoluble fibres.

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: High in capsaicinoids and flavonoids.

Known gut microbiome benefits: Polyphenols in red bell peppers (and also in chilli peppers) prevent microbial dysbiosis and improve intestinal barrier function.

Micronutrients: Rich in vitamin C, B6, and A.

31. Asparagus

Fibre content: Approximately 2.1 grams per 100 grams.

Type of fibre: High in inulin, a type of soluble fibre.

Polysaccharides: Inulin and inulin-like fructans.

Polyphenols: Contains saponins and flavonoids.

Known gut microbiome benefits: Promotes growth of beneficial gut bacteria like Bifidobacteria and other microbes associated with a healthy weight.

Micronutrients: Good source of vitamin K, folate, and iron.

32. Pistachios

Fibre content: About 10.6 grams per 100 grams.

Type of fibre: Contains both soluble and insoluble fibres.

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Rich in lutein and zeaxanthin.

Known gut microbiome benefits: Eating pistachios reduces levels of bacteria associated with inflammation, such as Desulfovibrio, Coprobacillus, and Bilophila.

Micronutrients: High in vitamin B6, thiamine, and potassium.

33. Walnuts

Fibre content: Approximately 6.7 grams per 100 grams.

Type of fibre: Contains both soluble and insoluble fibres.

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Contains ellagitannins. Also a natural source of melatonin.

Known gut microbiome benefits: Eating walnuts enriches probiotic bacteria like Lactobacillus, Ruminococcaceae, and Roseburia and reduces inflammation-inducing Proteobacteria.

Micronutrients: Rich in omega-3 fatty acids, manganese.

34. Kiwi

Fibre content: About 3.0 grams per 100 grams.

Type of fibre: Soluble and insoluble fibres.

Polysaccharides: Pectin, cellulose.

Polyphenols: Contains actinidin, catechins.

Known gut microbiome benefits: Polysaccharides in kiwi may protect against acrylamide-induced toxicity supporting the growth of Lactobacillus and improving microbial diversity. Acrylamides are toxic compounds that are formed when food is cooked at high temperatures. A typical example is burnt toast. There is also acrylamide in crisps and chips and pretty much in anything fried, even in air frying, although this method reduces acrylamide formation dramatically. Anyway eating kiwis will protect you from any potential damage, so you can enjoy your air fryer meal!

Micronutrients: High in vitamin C, K, and E.

35. Prunes

Fibre content: Approximately 7.1 grams per 100 grams.

Type of fibre: Mainly insoluble fibre (cellulose, hemicellulose).

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Contains neochlorogenic and chlorogenic acids.

Known gut microbiome benefits: Eating prunes promotes the abundance of Bifidobacteria, Faecalibacterium prausnitzii, and Lactobacillus species, and it also inhibits growth of Klebsiella and certain Prevotella species which are associated with urinary tract infections and systemic inflammation, respectively.

Micronutrients: Good source of vitamin K and potassium.

36. Dates

Fibre content: About 6.7 grams per 100 grams.

Type of fibre: Mix of soluble and insoluble fibres.

Polysaccharides: Beta-D-glucan, cellulose.

Polyphenols: Contains flavonoids, carotenoids.

Known gut microbiome benefits: Palm dates are beneficial for digestive health. Eating dates increases bowel movements and stool frequency, reducing stool ammonia. Taken together, this means that eating dates helps with the clearing of toxins via the stool. This may reduce the risk of colon cancer.

Micronutrients: Rich in potassium, magnesium, and B vitamins.

37. Whole wheat bread (particularly sourdough)

Fibre content: Around 7.0 grams per 100 grams.

Type of fibre: Predominantly insoluble fibre (cellulose).

Polysaccharides: Arabinoxylans, cellulose.

Polyphenols: Contains lignans, ferulic acid.

Known gut microbiome benefits: Eating whole what bread, particularly sourdough, has a beneficial impact on the gut microbiota, promoting the growth of Bifidobacteria and Lactobacilli, reducing the risk of dysbiosis, improving transit time, and helping keep pathogenic bacteria at bay.

Micronutrients: High in B vitamins, iron.

38. Bulgur wheat and whole wheat cous cous

Fibre content: Approximately 8.2 grams per 100 grams.

Type of fibre: Mainly insoluble fibre (cellulose, hemicellulose).

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Contains lignans.

Known gut microbiome benefits: Bulgur supports the growth of Bifidobacterium, Lactobacillus, and butyrate-producing bacteria like Faecalibacterium, Roseburia and Coprococcus. If you can tolerate wheat and gluten, it's also really easy to cook into a quick meal, just like cous cous.

Micronutrients: Good source of manganese, iron, and B vitamins.

39. Brown rice

Fibre content: About 1.8 grams per 100 grams.

Type of fibre: Primarily insoluble fibre (cellulose).

Polysaccharides: Cellulose.

Polyphenols: Contains ferulic acid, lignans.

Known gut microbiome benefits: Brown rice promotes the abundance of Bifidobacterium, Lactobacillus, and butyrate-producing bacteria. It also has the ability to inhibit the growth of Proteobacteria. Some studies have found that brown rice nourishes the gut microbiota in ways that promote healthy cognitive function. Worth giving it a go? I'm game! Love brown rice!

Micronutrients: High in magnesium, B vitamins.

40. Parsnips

Fibre content: Approximately 4.9 grams per 100 grams.

Type of fibre: Contains both soluble and insoluble fibres.

Polysaccharides: Pectin, hemicellulose.

Polyphenols: Contains falcarinol, falcarindiol.

Known gut microbiome benefits: Prebiotic fibre and polysaccharides in parsnips promote microbial diversity, increasing the abundance of beneficial bacteria relative to pathogens.

Micronutrients: Rich in vitamin C, folate, and potassium.

41. Figs

Fibre content: Around 2.9 grams per 100 grams.

Type of fibre: Mixture of soluble and insoluble fibres.

Polysaccharides: Pectin, cellulose.

Polyphenols: Contains flavonoids, anthocyanins.

Known gut microbiome benefits: Fibre and polyphenols in figs promote digestive health and contribute to microbial diversity.

Micronutrients: High in potassium, magnesium, and calcium.

42. Whole-grain pasta

Fibre content: Approximately 6.3 grams per 100 grams.

Type of fibre: Mainly insoluble fibre (cellulose).

Polysaccharides: Arabinoxylans, cellulose.

Polyphenols: Contains ferulic acid, lignans.

Known gut microbiome benefits: Whole-grain pasta supports the growth of Bifidobacterium, Lactobacillus, and butyrate-producing bacteria like Faecalibacterium, Roseburia and Coprococcus. If you can tolerate wheat and gluten, it's also really easy to cook into a quick meal. If you can't tolerate gluten, take a look at my list of natural gluten alternatives. These include buckwheat, lentil, and pea pasta. Some grains contain less modified versions of gluten, like spelt, which you might find you tolerate better, even if it does contain gluten.

Micronutrients: Rich in B vitamins, iron.

43. Pumpkin seeds

Fibre content: About 18.4 grams per 100 grams.

Type of fibre: Contains both soluble and insoluble fibres.

Polysaccharides: Cellulose, pectin.

Polyphenols: High in lignans, phenolic acids.

Known gut microbiome benefits: Beneficial pumpkin polysaccharides change the structure of the gut microbiota and have selective enrichment in key species of beneficial bacteria, while inhibiting some inflammation-inducing microbes like Deltaproteobacteria and Bilophila.

Micronutrients: Rich in magnesium, zinc, and healthy fats.

44. Pomegranate seeds

Fibre content: Approximately 4.0 grams per 100 grams.

Type of fibre: Mix of soluble and insoluble fibres.

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Contains punicalagins, anthocyanins.

Known gut microbiome benefits: Eating pomegranate seeds promotes beneficial changes to the gut microbiota. It increases Lactobacillus and Bifidobacterium while reducing the growth of harmful bacteria such as Bacteroides fragilis, and some Clostridia species. Additionally Akkermansia muciniphila, a microbe known for its ability to help with blood sugar control and lipid (cholesterol, triglycerides) management transforms polyphenols in pomegranate seeds, and experiences growth as a result. Akkermansia also helps promote healthy immunity.

Micronutrients: High in vitamin C, K, and folate.

45. Butternut squash

Fibre content: About 2.0 grams per 100 grams.

Type of fibre: Predominantly insoluble fibre (cellulose).

Polysaccharides: Cellulose.

Polyphenols: Contains beta-carotene and vitamin C.

Known gut microbiome benefits: Beneficial polysaccharides in butternut squash are similar to those in pumpkin. They promote the growth of beneficial bacteria while inhibiting some inflammation-inducing microbes. Some studies cite butternut squash as having antidepressant properties via the gut microbiome. This is emerging science, so I'll keep an eye out for developments!

Micronutrients: High in vitamins A and C, and potassium.

46. Seaweed

Fibre content: Varies by type, approximately 3-5 grams per 100 grams.

Type of fibre: Rich in soluble fibre (polysaccharides like alginate, carrageenan).

Polysaccharides: Alginate, carrageenan, fucoidan.

Polyphenols: Contains flavonoids and fucoxanthin.

Known gut microbiome benefits: Polysaccharides and polyphenols in seaweed help regulate the gut microbiota, improving gut barrier function, reducing LPS-induced inflammation and oxidative stress, and increasing bile acid production. The kind of microbes that benefit from eating seaweed are also involved in healthy blood sugar control, e.g. Akkermansia.

Micronutrients: Rich in iodine, vitamins A and C.

47. Aubergine/eggplant

Fibre content: About 3.0 grams per 100 grams.

Type of fibre: Primarily insoluble fibre (cellulose, hemicellulose).

Polysaccharides: Cellulose, hemicellulose.

Polyphenols: Rich in nasunin and chlorogenic acid.

Known gut microbiome benefits: Eating aubergine/eggplant supports healthy microbial diversity. As a curiosity, polyphenols are released in higher quantities when aubergine is cooked in olive oil.

Micronutrients: Contains vitamins B1, B6, and potassium.

48. Teff

Fibre content: Approximately 8.0 grams per 100 grams.

Type of fibre: Mix of soluble and insoluble fibres.

Polysaccharides: High in resistant starch.

Polyphenols: Contains phenolic acids and flavonoids.

Known gut microbiome benefits: Teff is a gluten-free grain that has pretty much the same benefits as wheat. It's high in fibre and contributes to the growth of beneficial bacteria, including butyrate-producing microbes.

Micronutrients: Good source of protein, iron, and calcium.

49. Blackberries

Fibre content: About 5.3 grams per 100 grams.

Type of fibre: Soluble and insoluble fibres.

Polysaccharides: Cellulose, pectin.

Polyphenols: Rich in anthocyanins and ellagic acid.

Known gut microbiome benefits: Blackberry polyphenols nourish gut microbes like Akkermansia muciniphila, supporting their growth. They're also excellent at promoting overall microbial diversity.

Micronutrients: High in vitamin C, K, and manganese.

50. Leeks

Fibre content: Approximately 1.8 grams per 100 grams.

Type of fibre: Rich in inulin, a type of soluble fibre.

Polysaccharides: Inulin, fructooligosaccharides (FOS).

Polyphenols: Contains kaempferol.

Known gut microbiome benefits: FOS and inulin in leeks are excellent at promoting the abundance of Lactobacillus and Bifidobacterium and regulating inflammation.

Micronutrients: Good source of vitamin K, A, and folate.