

Prebiotic Fiber Source Groups Checklist

Use this one-page checklist when you want a calmer way to compare common prebiotic source groups before adding more fermentable fiber to your routine.

Source Groups To Review

- Alliums such as onions, garlic, and leeks
- Asparagus and similar vegetable sources
- Inulin-rich roots such as chicory root and Jerusalem artichokes
- Legumes such as lentils and chickpeas
- Oats and barley
- Slightly green bananas
- Cooled starch foods
- Products with added inulin, FOS, or GOS

Quick Decision Prompts

- Which of these source groups do I already tolerate reasonably well?
- Which ones clearly worsen bloating, gas, or fullness?
- Am I testing a real food or a concentrated added ingredient?
- Is my goal microbiome support, constipation support, or a gentler food reset?
- Am I changing one source group at a time or several things at once?

Best First Move

If this sounds like you	Better next move
I bloat easily and react to labels with inulin or chicory root fiber	Start with gentler whole-food groups, not concentrates
I want a simple food-first experiment	Pick one tolerated source group and repeat it in normal portions
I am constipated and low in fiber overall	Review fiber basics and add sources gradually
Healthy foods keep making me feel worse	Track pattern and route to symptom-first troubleshooting

Final Reminder

The best prebiotic source group is not the most impressive one on paper. It is the one you can use consistently without making your gut louder.