

GLOSSARY OF TERMS

Diversity: refers to the number of species of bacteria (**Richness**) and how many of each species (**Evenness**) are found in the microbiome. A more diverse microbiome is considered a marker of microbiome health.

Fructo-oligosaccharides: naturally occurring oligosaccharides and prebiotics found in onion, chicory, garlic, asparagus, banana, artichoke and more.

Galacto-oligosaccharides: are naturally occurring oligosaccharides and prebiotics found in milk, yogurt, legumes, cashews and soy products.

Inulin: a type of fiber called a fructan and found in a variety of fruits (bananas) and vegetables (onions, leeks, artichoke, asparagus, chicory).

Lipopolysaccharide (LPS): found on the cell membranes of certain bacteria. Recognition of LPS by the immune system induces an inflammatory response.

Pectin: a naturally occurring fiber found in fruits and vegetables. Apples, quince and citrus rinds are especially high in pectin.

Prebiotics: compounds in food that feed beneficial bacteria. Nondigestible fibers (whole grains, nuts, etc.) are a major source of prebiotics.

Probiotics: are live microorganisms that provide health benefits when consumed.

Resistant starches: carbohydrates that provide energy to beneficial bacteria in the large intestine. Beans, pasta, rice, potatoes, green bananas, oats and barley are high in resistant starches.

Short chain fatty acids (SCFA): metabolites produced by the microbiota in the large intestine through the anaerobic fermentation of indigestible polysaccharides such as dietary fiber and resistant starch. There are three main types of SCFA: propionate, acetate and butyrate. They provide health benefits such as providing energy, dampening inflammation and strengthening the intestinal barrier.

Sulfates and sulfites: Mineral salts found in food and environment that can be used by sulfate-reducing bacteria found in the gut microbiome. Foods containing sulfates and sulfites include: dried fruit, wine, preserved meat, breads, baked goods and many food preservatives and additives contain sulfates and sulfites.