

Akkermansia

Akkermansia is a beneficial bacteria that lives in the gut as part of the large intestine microbiome. It helps to create a healthy intestinal lining and the right conditions for other beneficial bacteria to multiply and grow.

Our gut bacteria require fibre to multiply and function well. Specific fibre that feeds our beneficial bacteria is called a prebiotic.

If a gut microbiome mapping test has identified you are low in the Akkermansia species, then eat widely from the following lists.

Foods that contain prebiotics beneficial for Akkermansia

FOS Fructooligosaccharides

- Asparagus
- Beetroot
- Blueberries
- Brussel sprouts
- Butter beans
- Cashews
- Chicory root
- Fennel bulb
- Garlic
- Leeks
- Lentils
- Mulberries
- Nectarines
- Onions
- Pistachios
- Raspberries
- Red kidney beans
- Rye
- Shallots
- Snow peas
- Spring onions
- Watermelon

Proanthocyanidin

- Almonds
- Blueberries
- Chocolate (min 80% cocoa)
- Cinnamon
- Cranberries
- Hazelnuts
- Peanuts
- Pecans
- Pistachios
- Plums
- Sorghum
- Strawberries

