**Foods that can boost good bacteria in your gut**

**Along with fermented foods like coconut kefir, kimchi, ..............**

* **Dark chocolate** – [Dark chocolate](https://www.naturalpedia.com/chocolate-sources-health-benefits-nutrients-uses-and-constituents-at-naturalpedia-com.html) contains both prebiotics and probiotics. Prebiotics provide food for the microbes in your gut. Microbes then convert the chocolate into anti-inflammatory compounds. Meanwhile, probiotic bugs colonize the stomach to help with digestion and strengthen gut bacteria that can aid digestion. Chocolate is a fermented food but to enjoy these benefits, eat dark chocolate with a cacao content of 70 percent or higher. Consume at least two tablespoons of cocoa powder or three-quarters of an ounce (or a square) of a bar.

That’s one square not one bar!!