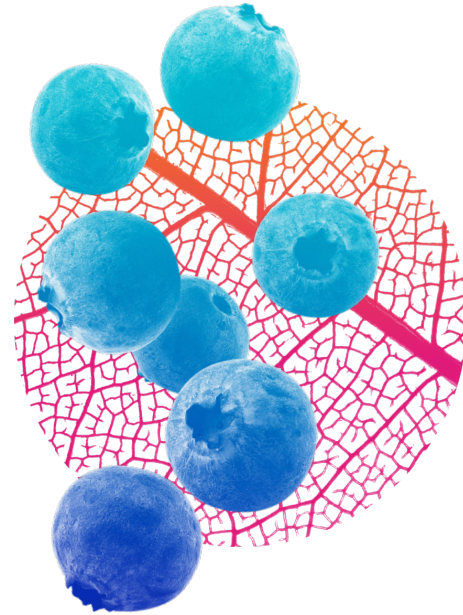


Foods That Feed Your Microbiome

Key Takeaways:

- Eat a variety of vegetables and fruits: Diversity of plant foods = stronger, more diverse microbiome
- Increase fiber: This feeds the bacteria in the gut, which helps support the gut barrier. Aim for 30-35 grams per day.
- Eat fermented foods: Predigested by bacteria means good for your gut



Microbiome Diet Checklist



- Eat the rainbow: A variety of organic vegetables
- Gluten-free whole grains
- Legumes: Beans, lentils (if tolerated)
- Starchy veggies high in nutrients: Sweet potatoes, squash, carrots, beets
- Increase probiotic and fermented foods
- Healthy oils (all organic): Butter/ghee, extra virgin olive oil, coconut oil, avocado oil
- Increase omega-3 fatty acids: Wild-caught fatty fish, organic pasture-raised eggs, hemp seeds, flax seeds
- Add nuts and seeds to your diet
- Increase your fiber: Berries, vegetables, beans, whole grains, nuts and seeds
- High-quality animal protein or plant-based protein to support blood sugar



- Avoid or limit gluten and dairy
- Eliminate processed foods and sugars, fast food, fried food
- Eat the following only if organic: Eggs, corn, soy
- Avoid or limit white starchy carbohydrates
- Eat in moderation: Animal proteins (organic, free-range, grass-fed/grass-finished, wild-caught)
- Eliminate or limit pork
- Avoid unhealthy fats: Partially hydrogenated, margarine, vegetable shortening, canola oil, corn oil, cotton seed oil, regular safflower & sunflower oils, mixed vegetable oils
- Avoid alcohol and tobacco
- Limit caffeine (1-2 cups daily)



Fiber

Soluble Fiber

Fermented by gut bacteria to produce a gel to lubricate the gut. Slows digestion for better absorption of nutrients and can lower heart disease risks and help regulate blood sugar.

- Oat bran, barley, nuts and seeds, psyllium, peas, legumes, apples, carrots

Specific prebiotic soluble fibers:

- **Inulin** acts as a prebiotic, feeding the good flora in your gut. Foods include leeks, asparagus, onions, garlic, chicory, oats, Jerusalem artichokes, jicama, soybeans (organic only!)
- **Beta-glucans** are prebiotics that are great at regulating immune function. Foods include barley flour (only if you can tolerate gluten), oats, whole grains, reishi, maitake and shiitake mushrooms, seaweed, and algae.

Insoluble Fiber

Not fermented by gut bacteria. Stays intact through GI track, attracting water and adding bulk to stool to help food pass more quickly and alleviating things like constipation.

- Wheat bran, whole grains, nuts, legumes, cauliflower, green beans, brown rice, spinach, potatoes

Specific insoluble fibers:

- **Cellulose** provides structure to plant cells and supports bowel regularity and cardiovascular health. Foods include cereal bran, oats, quinoa, legumes, nuts, cabbage family.
- **Lignans** are known to lower risk of heart disease and support hormonal balance. Foods include flaxseeds and sesame seeds, root veggies.

Prebiotic Foods (Soluble or Insoluble Fiber)

Feed the beneficial bacteria:

Resistant starches help with the production of short-chain fatty acids (SCFAs) which are critical to maintaining a healthy gut barrier, mental health, and metabolism.

Cooked and cooled potatoes and rice, potato starch, green bananas, oats, beans and legumes, peas, plantains

Probiotic Foods

Living organisms and their metabolites that are considered beneficial to the host, especially the gut microbiome.

Fermented foods predigested by bacteria are full of probiotics and tremendously beneficial for gut health.

Kimchi, sauerkraut, kombucha (no added sugar), kefir, plain unsweetened yogurt (if dairy is tolerated), miso, kvass