

# Gut-Friendly Foods Checklist

## ■ Gut-Friendly Foods to Eat Often

### *Fiber-rich plant foods (prebiotics that feed good bacteria)*

- Oats
- Garlic
- Onions
- Leeks
- Asparagus
- Bananas (slightly green are best)
- Apples
- Berries (blueberries, raspberries, strawberries)
- Broccoli
- Brussels sprouts
- Beans and lentils
- Sweet potatoes
- Whole grains (quinoa, brown rice, barley)
- Nuts and seeds (chia, flax, almonds, walnuts, pumpkin seeds)

### *Fermented foods (add good bacteria)*

- Yogurt (with live and active cultures)
- Kefir
- Sauerkraut (raw, unpasteurized)
- Kimchi
- Miso
- Tempeh
- Kombucha (low-sugar)
- Pickles (fermented in brine, not vinegar)

### *Other microbiome-friendly choices*

- Olive oil

- Dark chocolate (70%+)
- Green tea
- Ginger and turmeric
- Fatty fish (salmon, sardines, mackerel)
- Polyphenol-rich foods (red grapes, cocoa, coffee, olive oil)

## ■ Foods to Limit or Avoid

- Processed meats (hot dogs, bacon, sausage)
- Fried foods
- Refined carbs (white bread, pastries, chips)
- Artificial sweeteners (aspartame, sucralose)
- Sugary drinks (soda, energy drinks, sweetened juices)
- Excessive alcohol
- Highly processed packaged snacks
- Yogurts or drinks with more sugar than probiotics
- Sauerkraut, pickles, or kimchi made with vinegar (no live cultures)

■ Quick tip: Think “real, whole, colorful foods” for gut health, and keep the ultra-processed stuff as an occasional treat.