

# FOOD CHECKLIST

AN ESSENTIAL GUIDE TO

# GUT HEALTH





The foods you eat have a huge effect on your gut health and, in turn, on the health of your entire body. Use this checklist to help keep your gut healthy and reduce your risk for many serious health issues.

## Eat More of These

### ✓ High Fiber Foods

- Beans
- Lentils
- Artichokes
- Pears
- Soybeans
- Broccoli
- Avocados
- Apples
- Prunes
- And many seeds

### ✓ Fermented Foods

- Yogurt
- Miso
- Kimchi
- Kefir
- Tempeh
- Sauerkraut
- Pickles

### ✓ Other Foods

- Garlic
- Onions
- Asparagus
- Bananas
- Watermelon
- Berries
- Tea
- Dark Chocolate

☒ Artificial Sweeteners, Colorings, Flavorings, or Preservatives

☒ Red Meat

☒ Highly Processed Foods

☒ Alcohol

☒ Other foods that you may be allergic or sensitive to. These vary from person to person. Use the Elimination Diet process or talk to your doctor to determine these foods.

## Foods to Avoid

☒ Sugar