



# Guide to Gut Health: *Food Checklist*

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# Guide to Gut Health: Food Checklist

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.

## FOODS TO STRENGTHEN YOUR GUT HEALTH: 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

## FOODS TO AVOID

- Sugar
- 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.

# Enjoy

this helpful food checklist for optimal gut health!

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