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 and mind**. The gut is often called the second brain! Use this 2 page checklist to help keep up your gut health and reduce your risk for many **serious** health issues.

Eat More of These

✓ High Fiber Foods

- Beans
- Lentils
- Artichokes
- Pears
- Kale
- Spinach
- Avocados
- Apples
- Prunes

✓ Fermented Foods

- Greek Yogurt
- Miso
- Kimchi
- Kombucha
- Tempeh
- Sauerkraut
- Pickles

✓ Other Foods

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

Foods to Eat less/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.**

This List is not medical advice and discretion should be used by each individual reader.



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