

# 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.



### **Links:**

**LinkedIn :**

[https://www.linkedin.com/  
in/koh11](https://www.linkedin.com/in/koh11)

**Get Herbal medicine:**

[https://Facebook.com/koh  
ashes/services](https://Facebook.com/kohashes/services)

**Plant tower**

[welsh1.towergarden.com](http://welsh1.towergarden.com)

**Health Gummies/Powders**

[welsh1.juiceplus.com](http://welsh1.juiceplus.com)