

GUT HEALTH FOOD CHECKLIST

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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