

Plant-Based Foods for Gut Health

Eat at least 30 different plants a week

VEGETABLES:

- Artichoke
- Asparagus
- Beets
- Bell Pepper
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Kale
- Lettuce
- Mushrooms
- Onion
- Parsnip
- Spinach
- Squash
- Sweet Potato
- Tomato
- Zucchini
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FRUITS:

- Apple
- Apricots
- Banana
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Figs
- Grapes
- Kiwi
- Lemon
- Mango
- Oranges
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Raspberries
- Strawberries
- Watermelon
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LEGUMES:

- Black Beans
- Cannellini Beans
- Chickpeas
- Edamame
- Green Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Peas
- Pinto Beans
- Soybeans

NUTS & SEEDS:

- Almonds
- Brazil Nuts
- Cashews
- Chia Seeds
- Flaxseeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts
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WHOLE GRAINS:

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Bulgur
- Farro
- Freekeh
- Millet
- Oats
- Quinoa
- Rye
- Sorghum
- Spelt
- Teff
- Wild rice



HERBS & SPICES:

- Basil
- Cardamom
- Cilantro
- Cinnamon
- Cloves
- Dill
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Rosemary
- Sage
- Thyme
- Turmeric
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Eat, Drink, Live Longer