ACTIVIA GUT-FRIENDLY GROCERIES

(P)=rich source of prebiotics

(F)=fermented food

PLANNING YOUR SHOPPING LIST

Ever heard the phrase 'you are what you eat'? This is especially true for your gut microbiome. One of the easiest ways to support a healthy gut is to make healthy food choices. Planning your grocery list before heading to the store will ensure that you have what you need for gut-friendly meals and snacks. Plus, prepping your meals and snacks ahead of time will help you make healthy choices when you feel hungry throughout the day. Hopefully, this list will serve as inspiration as you start building your menu.

FRUIT

Fruit provides many different fibers and polyphenols for digestive health.1

Apples (P) Apricots (P) Avocado (P) Bananas (P)

Blueberries Blackberries (P)

Boysenberries Cantaloupe

Cherimoya Cherries (P)

Cranberries (P) Currants (P)

Dates (P) **Flderberries** Figs (P)

Grapes Grapefruit Guava

Honey Dew

Kiwis (P) Lemons

Limes Mangos

Nectarines Oranges (P) Papaya

Passionfruit

Peaches Pears

VEGETABLES

Vegetables deliver a mix of fibers, prebiotics and key nutrients important for gut health and overall health too.²

C Asparagus (P) Artichoke, globe (P)

Beets (P)

Pomegranate (P) Raisins (P)

Raspberries (P)

Starfruit Strawberries

Peppers

Persimmon

Pineapple

Plums

Tangelo **Tangerines**

Tomato Watermelon

Other

Onion (P)

Collard greens

Artichoke, jerusalem (P) Edamame (P)

Broccoli Brussels sprouts (P)

Butternut squash (P)

Cabbage (P) Carrots

Cauliflower

Eggplant Peas (P)

Peppers

Endive Potatoes (all varieties)

Garlic (P) Shallot (P) **Jicama** Spinach Kale Turnip

Lettuce (e.g.bibb, Zucchini (P)

romaine) Mushroom

WHOLE GRAINS (GRAINS, BREADS, PASTA)

Fiber-rich whole grains offer a plethora of gut-friendly ingredients: soluble fiber, resistant starch and beta-glucan, all of which provide food for our health-promoting gut microbes.³⁻⁵

D Amaranth

Barley Brown rice

Quinoa Buckwheat kernels/groats

Bulgur (cracked wheat)

Farro Oats Millet

Legume based

chickpea)

Whole wheat pasta

Other



Other



E Whole grain bread

Whole grain crackers

DAIRY AND DAIRY-ALTERNATIVE

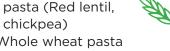
A common source of aut-friendly fermented foods, be on the lookout for fermented vogurts and cheeses made with live and active cultures.

B Yogurt (F) Plant-or Dairy-based Kefir (F)

Cultured cottage cheese (F) Hard aged cheese (F)

Other



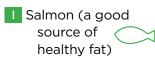


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G Dried Beans (P) Dried peas (P) Dried lentils (P)

Soy "nuts" (P)

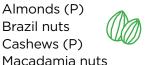




NUTS AND SEEDS

Well-known as a source of heart-healthy fats.6

J Almonds (P) Brazil nuts Cashews (P)



Pine nuts Walnuts (P) Sunflower seeds Flaxseed meal

K Almond butter (P) Peanut butter Other

Pecans **Pepitas**

REFRIGERATED FERMENTED FOODS

Fermented foods intake is recommended to help support gut health.7

L Kimchi (F) Sauerkraut (F) Kombucha (F) Tempeh (F) Miso (F) Other

Natto (F)

CANNED GOODS

A convenient way to boost fiber.8

M Black beans, canned (P) Black-eyed peas, canned (P) Cannellini beans, canned (P) Chickpeas, canned (P) Kidney beans, canned (P) Other



BAKING SUPPLIES

Substituting whole nut and grain flours in baking is a great way to boost gut-friendly fats and fiber.

Almond flour Oat flour Amaranth flour Spelt flour Whole wheat flour Buckwheat flour

HEALTHY FATS

A source of polyphenol-rich oils.9

Flaxseed Oil Nuts (pecans, walnuts) Extra-virgin olive oil Other

SNACKS

Don't miss the opportunity to enjoy a treat rich in fiber and/or prebiotics that benefit both you AND your gut microbes!

P Dark chocolate (P) Popcorn Trail mix (nuts, seeds, dark chocolate) Dried apricots (P)

SPICES

Spices are a great way to reduce sodium intake and increase the flavor of vour meals.

Q Ginger **Turmeric** Black pepper

1. Dreher ML. Whole Fruits and Fruit Fiber Emerging Health Effects. Nutrients. 2018;10(12):1833. 2. Camilleri M. Lyle BJ. Madsen KL. Sonnenburg J. Verbeke K. Wu GD. Role for diet in normal gut barrier function; developing guidance within the framework of food-labeling regulations. Am J Physiol Gastrointest 1. Drefer ML, Whole Fruits and Fruit Fiber Emerging Realtin Freits. Nutrients, 2018;10(12):18.2, 2 Camilier Mr., Lyee D., Madsen NL, Sondhenburg J., Verbeek N., Wu GJ., Kole For Glet in hormal gut a befaire function: one developing guidance within the framework of rood-abelian freign regulations, and artist a faring function. Purplying destroying 1. Lyee Physiol. 2019;170(4):3157-239. 3. Citederieska A, Drywień ME, Hamulka J, Sadokowski T. Nutracetta Intention of beta-glucans in human nutrition. Rocz Panastw Zaki Hig. 2019;10(4):373-324. 4. France-Robbes E, López MG. Implication of fructans in health: immunomodulatory, and artist received from the Alericans of State of Nutrients 2020;12(8):2200

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GROCERY GUIDE MAP

DIETITIANS: Use this as a guide to help your clients find gut-friendly foods in your store.

CONSUMERS: This is a representation of a typical grocery store and store layouts may vary. Ask your retail store dietitian for guidance on locating gut-friendly items in your store.

