

(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

A	Acai		Figs (P)	Peppers
	Apples (P)		Grapes	Persimmon
	Apricots (P)		Grapefruit	Pineapple
	Avocado (P)		Guava	Plums
	Bananas (P)		Honey Dew	Pomegranate (P)
	Blueberries		Kiwis (P)	Raisins (P)
	Blackberries (P)		Lemons	Raspberries (P)
	Boysenberries		Limes	Starfruit
	Cantaloupe		Mangos	Strawberries
	Cherimoya		Nectarines	Tangelo
	Cherries (P)		Oranges (P)	Tangerines
	Cranberries (P)		Papaya	Tomato
	Currants (P)		Passionfruit	Watermelon
	Dates (P)		Peaches	Other
	Elderberries		Pears	



DAIRY AND DAIRY-ALTERNATIVE

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

B	Yogurt (F)		Cultured cottage cheese (F)	
	Plant-or Dairy-based		Hard aged cheese (F)	
	Kefir (F)		Other	


VEGETABLES

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

C	Asparagus (P)	Collard greens	Onion (P)	
	Artichoke, globe (P)	Eggplant	Peas (P)	
	Artichoke, jerusalem (P)	Edamame (P)	Peppers	
	Beets (P)	Endive	Potatoes (all varieties)	
	Broccoli	Garlic (P)	Shallot (P)	
	Brussels sprouts (P)	Jicama	Spinach	
	Butternut squash (P)	Kale	Turnip	
	Cabbage (P)	Lettuce (e.g.bibb, romaine)	Zucchini (P)	
	Carrots	Mushroom	Other	
	Cauliflower			


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	Farro	E Whole grain bread
	Barley	Oats	F Whole grain crackers
	Brown rice	Millet	
	Quinoa	Legume based	
	Buckwheat kernels/groats	pasta (Red lentil, chickpea)	
	Bulgur (cracked wheat)	Whole wheat pasta	
		Other	

GUT-FRIENDLY GROCERIES



PROTEIN

- G** Dried Beans (P)
Dried peas (P) 
Dried lentils (P)
Soy “nuts” (P)
- H** Tofu
Tempeh (P)

- I** Salmon (a good source of healthy fat) 


NUTS AND SEEDS

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

- J** Almonds (P) 
Brazil nuts
Cashews (P)
Macadamia nuts
Pecans
Pepitas
- Pine nuts
Walnuts (P)
Sunflower seeds
Flaxseed meal
- K** Almond butter (P)
Peanut butter
Other 


REFRIGERATED FERMENTED FOODS

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

- L** Kimchi (F) 
Kombucha (F)
Miso (F)
Natto (F)
- Sauerkraut (F)
Tempeh (F)
Other

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.

- N** Almond flour 
Amaranth flour
Buckwheat flour
- Oat flour
Spelt flour
Whole wheat flour


HEALTHY FATS

A source of polyphenol-rich oils.⁹

- O** Flaxseed Oil 
Extra-virgin olive oil
- J** Nuts (pecans, walnuts)
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 your meals.

- Q** Ginger 
Turmeric
Black pepper

REFERENCES

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GUT-FRIENDLY GROCERIES

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.

