

The Gut Health Food Plan is intended to focus on the 5R protocol for general gut health. Personalization of the Gut Health Food Plan is particularly important to address the specific needs of each individual (gut).

- **FOCUS:**

- **1. REMOVE** known gut irritants and “triggers,” including known food sensitivities, known food allergies, and known intolerant foods.
 - Be aware that food sensitivities or allergies may be “hidden” or “undetected”
 - If SIBO is suspected, consider avoiding high FODMAP foods
 - Personalization of the food plan to remove other potential triggers is important (such as lectins, histamines, salicylates, grains, etc.)
- **2. REPLACE** digestive support (if applicable): consider including bitters and apple cider vinegar
- **3. REINOCULATE** with prebiotic and probiotic rich foods and a diverse diet to improve the diversity of the microbiome
- **4. REPAIR** gut lining and any gut damage (inflammation, immune, etc.)
- **5. REBALANCE** the nervous system and the gut by focusing on healthy lifestyle interventions (stress management, sleep, etc.)

- **ELIMINATE:** Gluten/wheat and any other food triggers, sugar, processed foods, toxins (found in food) and gastric irritants

- **ADDITIONAL GUIDELINES:**

- **ORGANIC:** Choose organic, non-GMO to minimize exposure to environmental pesticides/herbicides/fungicides
 - Reduce other toxins that may be found in food, such as BPA lining on cans, plastic packaging, etc.
- **COLOR:** Emphasize colorful foods to increase antioxidants, phytonutrient compounds and diversity in the diet
- **OPTIMIZE:** Increase nutrients in food by focusing on preparatory & cooking methods such as:
 - Soak and sprout foods such as grains, legumes, nuts and seeds
 - Opt for ideal cooking methods: Steaming, braising, baking & roasting (avoid high heat), pressure cooker (particularly for legumes)

- **FOOD SENSITIVITIES:** Avoid foods that trigger an immune response. Consider food sensitivity and allergy testing to determine immune reactions to foods.

Common food sensitivities include the “Top 8” gluten/wheat, cow milk, eggs, soy, fish, shellfish, peanut, and tree nut, however it is common to have sensitivities or allergies to foods at low levels that cumulatively cause significant immunological reactivity and multisystemic harms.

- Food Zoomers (wheat, corn, grain, soy, egg, dairy, lectins, seafood, mammalian milk, peanut, nuts)
- IgA+IgG Food Sensitivities
- IgG4 + C3D Food Reactions
- IgE Allergies

- **TEST CONSIDERATIONS:** Additional testing considerations for gut health include Gut Zoomer, IBSSure, Organic Acids

The Gut Health Food Plan is designed for informational use only and is not intended for medical nutrition therapy or the dietary management, treatment, cure, or prevention of a disease or condition. Practitioners should personalize food plans according to an individual's food allergies, sensitivities, and intolerances, as well as for macronutrient distribution, micronutrient needs, and caloric ranges as appropriate.

Dairy & Alternatives

_____ Servings per day

Low glycemic: Choose unsweetened, limit to 1-2 servings per day (remove if sensitive to dairy)

Dairy:

Milk: Cow, goat or sheep	8oz
Kefir (plain) △	6-8oz
Yogurt △	4-6oz
Cheese (<i>Feta, Parmesan, etc</i>)	1oz

Dairy Alternatives:

"Milk": (<i>Almond, coconut, cashew flax, hemp, hazelnut, oat, soy</i>)	6-8oz
Kefir (dairy free) △	4-6oz
Yogurt (dairy free) △	4-6oz
Vegan cheese	1oz

1 serving as listed = 25-120kcal, 1-9g protein, 1-4g carbs (Nutritional values vary)

Vegetables (Starchy)

_____ Servings per day

Acorn squash	1c
Butternut squash	1c
Parsnips	1/2 c
Potato (white, purple) △	1/2 c
Pumpkin	1/2 c
Rutabaga	1/2 c
Sweet potato	1/2 c
Yam	1/2 c

1 serving as listed = 25-120kcal, 1-9g protein, 1-4g carbs (Nutritional values vary)

KEY

- △ Digestive Support
- △ Prebiotics
- △ Probiotics
- ® Repair

Vegetables (Non-Starchy)

_____ Servings per day

Choose a variety of colorful produce; 6-7 servings per day recommended

Artichokes △ △

Asparagus △
Bamboo shoots
Beets △
Bok Choy
Broccoli △
Brussels sprouts △
Cabbage (green, red) ®
Carrots
Cauliflower
Celery
Cucumbers
Eggplant △
Garlic △
Ginger △ △
Green beans
Green onion/Scallions

Greens:

Arugula/Roquette △ , Beet △ , Chard △ ,
Collard △ , Dandelion △ △ , Endive △ △ ,
Kale △ , Microgreens △ , Mustard △ ,
Swiss chard △ , Turnip △ , Watercress △

Jerusalem artichokes (sunchokes) △

Jicama △
Leeks △
Lettuce
Mushrooms
Onion △
Okra △
Peppers, all
Radicchio △ △
Radishes
Scallions
Sea vegetables △
Shallots

Spinach
 Sprouts, all
 Squash: *Delicata, spaghetti, yellow, zucchini, etc.*
 Tomato △
 Turnip
 1 serving= 1/2c cooked, 1 C raw = 25kcal, 5g carbs

Fruits

_____ Servings per day

Choose unsweetened, no sugar added

Apple △	1 sm
Apricots	4
Banana △	1/2 med
Blackberries △	3/4 c
Blueberries △	3/4 c
Cherries	12
Cranberries △	3/4 c
Date	1
Dragon fruit	3/4 c
Figs	3
Grapes	15
Grapefruit	1/2 med
Kiwi △	1 med
Lemon △	1
Lime △	1
Mandarin	1
Mango △	1/2 sm
Melon, all	1 c
Orange △	1 med
Papaya	1 c
Peach	1 sm
Pear △	1 sm
Pineapple	3/4 c
Plantain	1/2 med
Plums	2 sm
Pomegranate seeds	1/2 c
Prunes	3 med
Raspberries △	1 c
Strawberries △	1 1/4 c

1 serving as listed= 60kcal, 15g carbs

Legumes

_____ Servings per day	
Beans: △	1/2 c
Black Beans, Black-eye peas Broad beans	
Chickpeas, Kidney beans, Mung beans, Navy beans, Pinto beans	
Green peas △	1/2 c
Hummus	1/4 c
Lentils	1/2 c
Peanuts	10
Soybeans:	1/4 c
Edamame	1/4 c
Natto △	1 oz
Tofu	2-3 oz
Tempeh △	1 oz

1 serving = 110kcal, 15 carbs, 7g protein
(Nutritional values vary)

Protein (Meat, Fish, Mollusks & Shellfish)

_____ Servings per day
*Organic, grass-fed/pasture raised animals,
wild-caught seafood preferred*

Meat & Eggs:

Beef, Bison, Chicken, Duck, Eggs, Lamb, Pork, Rabbit, Turkey, Venison

Fish:

Alaskan pollock, Anchovy, Carp, Cod, Flounder/sole, Herring, Halibut, Mackerel, Perch, Salmon, Sardines, Sea bass, Trout, Tuna, etc.

Shellfish:

Crab, Lobster, Shrimp, Crayfish, etc.

Mollusks:

Blue Mussel, Clam, Oyster, Scallops, Octopus, Pacific Squid, Squid, etc.

Protein powders:

Collagen peptides [®], Whey protein

1 serving = 1 oz = 35-75kcal, 5-7g protein, 0-4g fat (Nutritional values vary)

GF Grains & Alternatives

_____ Servings per day
Avoid gluten, processed & refined grains

Gluten free grains & Starches:

Amaranth △	3/4 c
Bread (GF)	1 slice
Buckwheat/kasha △	1/2 c
Cassava	1/2 c
Crackers (GF)	5-10
Corn	1/2 c
Millet △	1/2 c
Oats: Rolled, steel-cut △	1/2 c
Pasta (GF)	1/2 c
Quinoa △	1/2 c
Rice △	1/2 c
Sorghum	1/2 c
Tapioca	1/2 c
Taro root	1/2 c
Tiger nut	1/2 c
Teff △	3/4 c
Wild rice	1/2 c

*1 serving as listed = 80kcal, 15g carbs
(Nutritional values vary)*

Nuts

_____ Servings per day	
<i>Unsweetened, unsalted</i>	
Almonds	6
Brazil nuts	2
Cashews	6
Hazelnuts	5
Macadamias	2-3
Nut butters (any nut listed)	1/2 T
Pecan halves	4
Pine nuts	1 T
Pistachios	16
Sweet Chestnut	10
Walnut halves	4

1 serving as listed = 45kcal, 5g fat (Nutritional values vary)

Seeds

_____ Servings per day	
<i>Unsweetened, unsalted</i>	
Chia seeds	1 T
Flaxseed △	2 T
Hemp seeds	1 T
Seed butters (any seed listed)	1/2 T
Poppy seeds	2 T
Pumpkin seeds	1 T
Sesame seeds	1 T
Sunflower seeds	1 T

*1 serving as listed = 45kcal, 5g fat
(Nutritional values vary)*

KEY

△ Digestive Support

△ Prebiotics

△ Probiotics

[®] Repair

Fats & Oils

_____ Servings per day

Choose cold pressed & minimally refined

Fats:

Avocado	2 T or 1/8 Whole
Coconut (milk, meat, butter)	1 T - 2T
Olives: Black, green,	8
kalamata Pesto (olive oil)	1 T

Oils:

1 T
Almond, Avocado, Coconut, Flaxseed,
Ghee/clarified butterâ, Hempseed, Olive
(extra virgin), Sesame Oils, Walnut

*1 serving as listed = 45kcal, 5g fat
(Nutritional values vary)*

Spices

Anise
Basil
Bay leaf
Black pepper
Caraway
Cardamom
Cayenne pepper
Cilantro
Cinnamon
Clove
Common thyme
Coriander
Cumin
Curry powder
Dill
Habanero pepper
Horseradish
Hot paprika powder
Jalapeno pepper
Lemongrass
Mint
Mustard
Nutmeg
Oregano
Parsley
Rosemary
Sage
Thyme
Turmeric Δ [®]
Vanilla bean
Woo-hsiang powder

Miscellaneous

Condiments:

Mustard, Tamari, Coconut aminos,
Apple cider vinegar Δ , Ketchup

Fermented foods:

Kimchi Δ , Sauerkraut Δ

Other:

Aloe vera Δ [®], Carob, Cocoa (70% or
higher), Chlorella, Honey, Maple syrup,
Psyllium

Beverages

Unsweetened, no sugar added

Broth (organic): Bone [®], meat, vegetable
Coconut water
Coconut water kefir Δ
Filtered water
Kombucha Δ
Sparkling/mineral water
Tea: Black, green, oolong, rooibos, herbal
Vegetable juice (raw, cold-pressed, green juice)
Coffee/Espresso

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