



# 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.<sup>1</sup>

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

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

### Vegetables

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

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

### 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.<sup>3-5</sup>

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



# 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)



## 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



## Nuts and Seeds

Well-known as a source of heart-healthy fats.<sup>6</sup>

- 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



## Healthy Fats

A source of polyphenol-rich oils.<sup>9</sup>

- 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)



## Refrigerated fermented foods

Fermented foods intake is recommended to help support gut health.<sup>7</sup>

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



## Canned goods

A convenient way to boost fiber.<sup>8</sup>

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



## REFERENCES

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 Liver Physiol*. 2019;317(1):G17-G39. 3. Ciecierska A, Drywień ME, Hamulka J, Sadkowski T. Nutraceutical functions of beta-glucans in human nutrition. *Rocz Panstw Zakl Hig*. 2019;70(4):315-324. 4. Franco-Robles E, López MG. Implication of fructans in health: immunomodulatory and antioxidant mechanisms. *ScientificWorldJournal*. 2015;2015:289267. 5. Włodarczyk M, Ślizewska K. Efficiency of Resistant Starch and Dextrins as Prebiotics: A Review of the Existing Evidence and Clinical Trials. *Nutrients*. 2021;13(11):3808. 6. Sugizaki CSA, Naves MMV. Potential Prebiotic Properties of Nuts and Edible Seeds and Their Relationship to Obesity. *Nutrients*. 2018;10(11):1645. 7. Wastyk HC, Fragiadakis GK, Perelman D, et al. Gut-microbiota-targeted diets modulate human immune status. *Cell*. 2021 Aug 5;184(16):4137-4153.e14. 8. Siva N, Thavarajah P, Kumar S, Thavarajah D. Variability in Prebiotic Carbohydrates in Different Market Classes of Chickpea, Common Bean, and Lentil Collected From the American Local Market. *Front Nutr*. 2019 Apr 3;6:38. 9. Farràs M, Martínez-Gili L, Portune K, et al. Modulation of the Gut Microbiota by Olive Oil Phenolic Compounds: Implications for Lipid Metabolism, Immune System, and Obesity. *Nutrients*. 2020;12(8):2200.



# 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.

