



## Stock Up On Gut-Friendly Groceries

### Making healthy food choices is one of the easiest ways to support a healthy gut.

Stocking your fridge and pantry with gut friendly foods will help you make healthy choices when you feel hungry throughout the day. Planning your grocery list before heading to the store will ensure you'll have what you need on hand to prepare gut-friendly meals and snacks

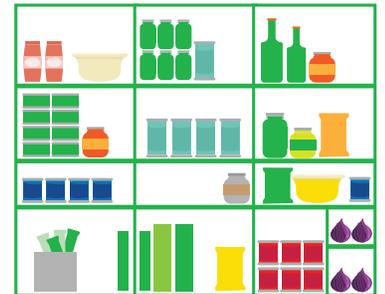
#### Your Gut-Friendly Fridge

- Variety of frozen fruit, frozen vegetable, frozen cooked brown rice + quinoa
- Fermented foods: Yogurt, kefir, cultured cottage cheese, sauerkraut, kimchi, kombucha
- Colorful fruits + vegetables, especially prebiotic rich produce—asparagus, banana, beets, artichokes



#### Stocking a Gut-Friendly Pantry

- Whole grains (e.g. oats, quinoa, whole wheat, buckwheat, brown rice)
- Seeds + nuts (e.g. pistachios, cashews, chia seeds, walnuts, pepitas)
- Canned/dried beans
- Plain, all-natural nut butters
- Extra-virgin olive oil
- Dark chocolate
- Fresh onion and garlic
- Whole grain lower sugar cereals, muesli
- Whole grain or legume-based pasta
- Dried fruit without added sugar



#### Keeping it Gut-Friendly on the Go

- Cultured cottage cheese
- Probiotic yogurt drink
- Small bag of trail mix: nuts, seeds, dried fruit
- Whole grain snack bars
- Banana and individual peanut butter or almond butter packs
- Kombucha
- Homemade energy bites made with uncooked oats, nut butters and favorite add-ins
- Fresh fruit and a handful of cashews or pistachios



## Your Gut Is Where It All Begins