

TOP 10 GUT-SUPPORTING FOODS









(Everyday staples to nourish your microbiome and gut lining)



[*Companion to Modules 1–3*](#)

Why These Foods Matter

The right foods don't just fill you up — they feed your **microbiome**, **repair your gut lining**, and **regulate digestion, mood, and immunity**. The foods below offer fiber, antioxidants, healthy fats, and fermented goodness to help your gut thrive.

Top 10 Gut-Friendly Foods to Include Regularly

#	Food	Gut Benefit
1	 Broccoli (and cruciferous veggies)	Supports detox + feeds beneficial bacteria
2	 Leafy greens (kale, spinach, arugula)	High in fiber + polyphenols that reduce inflammation
3	 Apples	Rich in pectin, a prebiotic fiber that feeds good microbes
4	 Garlic	Antibacterial + prebiotic; supports immune function
5	 Sweet potatoes	Resistant starch feeds gut flora + stabilizes blood sugar
6	 Oats	Source of beta-glucans that help balance gut immunity
7	 Berries	Antioxidants that support gut barrier and reduce oxidative stress
8	 Avocados	Healthy fats + fiber; supports bile flow + digestion

#	Food	Gut Benefit
9	 Kefir / Yogurt (unsweetened)	Rich in probiotics that improve microbiome diversity
10	 Sauerkraut / Kimchi	Fermented foods with live cultures that aid digestion and immunity

Pro Tip:

Rotate these foods weekly. Variety matters more than perfection. The more diverse your plant intake, the more **diverse and resilient** your gut becomes.

Quick Gut-Building Meal Ideas:

- **Breakfast:** Oats + blueberries + flax + kefir
 - **Lunch:** Lentil soup + side of arugula salad + sauerkraut
 - **Dinner:** Baked salmon + sweet potato + sautéed greens
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“Food isn’t just fuel — it’s information for your gut.”

Start with what you already like, and build from there.