

HEALTHY GUT

checklist

Yes

- Pre/Probiotic
- Avocado
- Fermented foods such as sauerkraut, tempeh, chickpea miso, or kimchi.
- Lentils
- Chickpeas

No

- Cane sugar
- Alcohol
- All animal protein: Especially red meat, deli meat, & sausage
- Gluten
- Dairy

