

Do you have a Leaky gut, IBS, food intolerances, Crohn's Disease, and so many more gastrointestinal conditions? There are so many questions unanswered and you are left puzzled.

It's good to have a plan documented on what you can eat and not eat, but sometimes doctors do not even know what your issue really is.

What is a Microbiome?

Our gut – is the essential part of our body's balance consisting of your stomach, small intestine, and large intestine – it keeps your body regular on a consistent basis.

Here's a list of everything your gut regulates in the body:

- ⇒ Healthy Digestion
- ⇒ Heart Health and Cholesterol Levels
- ⇒ Weight Management (and weight loss)
- ⇒ Skin Health
- ⇒ Nutrient Absorption
- ⇒ Brain Clarity and Mental Health
- ⇒ Sleep Patterns
- ⇒ Hunger and Appetite
- ⇒ Immune System
- ⇒ Bloating and Inflammation
- ⇒ Chronic Illness

So, you will notice the signs of an unhealthy gut by reading the list above.

By restoring your gut health, your body begins to reap incredible benefits from each of the bulleted categories above.

And you can do so by incorporating the following foods into your everyday diet! Check out the list below for a major time saving guide.

Microbiome Diet Food List: The Ultimate Guide for You!

Your body may be telling you something is not right and it's time for a change. Maybe it's time to replace it with something else.

Let the food be the medicine, so it can be designed to be an incredible resource for our bodies.

We just must know how to use our fuel properly. So, here's the guide to doing so...

GRAINS

EAT MORE	NOT THAT
Gluten free oats	Gluten Free pastas (unless you look at the ingredients and it only contains what is on the "Eat This" category – some GF pastas are just brown rice and quinoa – so that would be okay)
Brown rice pasta	Wheat
Quinoa	Couscous
Almond flour	Barley
Almond meal	Corn
Any nut flour	Rye
Amaranth	Bran
Barely	Farina

DAIRY

EAT MORE	NOT THAT
Nut milks (Almond is my personal favorite!)	Soymilk (a LOT of hormones are used in soymilk and can have many negative effects on women's health)
Hemp milk	Cow's milk
Rice milk	Cheese
Seed milk	Sour cream

Hazelnut milk	Half & Half
Walnut milk	Cream
Coconut milk (this is okay if it comes in the can – one of the only “can” exceptions)	Sheep’s milk
Virgin coconut oil	Goat’s milk
Coconut butter	Cottage Cheese
	Yogurt
	Butter
	Ice Cream
	Creamers (of any kind)
	Ghee
	Powdered milk
	Evaporated milk
	Tempeh
	Whey Protein (whey protein isolate does not hurt my stomach since it has removed so much of the dairy – but we all have varying sensitivities)
	Tofu

A TIP;

when purchasing dairy alternatives – make sure the milk does not contain any added sugars. These milks are typically sweetened by artificial sweeteners – which skyrocket sugar levels.

FRUITS AND VEGETABLES

EAT MORE	NOT THIS
Organic, fresh fruits and vegetables (frozen is okay – fresh is better)	Canned fruits or vegetables
	Corn
	Eggplant

	Potatoes
	Peppers and Tomatoes (if they are a trigger food for you – they do not bother some people and terribly irritate others)
	Edamame
	Creamed vegetables

PROTEINS

EAT MORE	NOT THIS
Gluten free whole grains (if ingredients are approved above)	Eggs
Protein powders made from hemp, artichoke, or pea protein (but limited servings)	Protein powders
Beans (but some can cause bloating and gas – so be cognizant if this could be a trigger food)	Soy
Peas	Seitan
Lentils	Ground meat
Legumes	Beef
Nuts	Steak
Seeds	Eggs
Salmon	Protein powders
Fish	Soy
If any animal products – stick to lean chicken or turkey. Beef, ground meat, steak, etc are difficult for your body to digest.	Seitan
	Ground meat
	Beef
	Steak

NUTS AND SEEDS

EAT THIS	NOT THAT
Nut and seed butters (find the ones that have JUST the nuts or seeds and no added sugars or oils)	Pistachios
Hemp seeds	Peanuts
Sesame seeds	Peanut Butter
Pumpkin seeds	
Sunflower seeds	
Hazelnuts	
Tahini	
Pecans	
Almonds	
Walnuts	
Brazilian nuts	
Macadamia nuts	
Pine nuts	
Cashews	
(Make sure all the nuts and seeds are unroasted and unsalted. Salt = Bloat.)	

SWEETENERS

EAT MORE	NOT THAT
Unsweetened cocoa powder	Any artificial sweetener
Cocoa nibs	White sugar
Dairy and sugar free chocolate	Brown sugar
Unsweetened coconut flakes	Refined sugar

Cardamom seeds	High fructose corn syrup
Fresh, pureed, or dried fruits	Stevia
Organic maple syrup (100% concentrate)	Sweet n Low
Fennel seeds	Evaporated cane juice
Carob and carob powder	Splenda
Honey (in small doses – it can still cause inflammation if used in too high of quantities since it gets processed as sugar)	Equal
Erythritol	Fruit juice
Xylitol	Agave nectar
Yacon syrup	Any syrup (organic maple syrup is okay)
	Beet sugar

OILS

EAT MORE	NOT THAT
Olive oil (cold-pressed)	Margarine
Flax	Butter
Hemp	Processed oils
Avocado	Canola oil
Chia	Processed salad dressings
Coconut oil (organic – glass bottle)	Shortening

Olive oil (cold-pressed)	
	Processed oils
	Mayonnaise
	(If it comes in a plastic tub – do not use)
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FATS

EAT MORE	NOT THAT
Avocados	Lard
Raw organic coconut oil	Artificial trans fats
Salmon	Saturated fats
Mackerel	Greasy foods
Fresh tuna	Fried foods
Nuts	
Seeds	
Olives	
Sardines (be careful of sodium)	

OTHER INGREDIENTS

EAT MORE	NOT THAT
Apple cider vinegar (raw and unfiltered)	Processed chocolate (usually filled with sugars and dairy)
Pickles (be careful of the added sugars)	Most all processed, pre-packaged sauce
Pure vanilla	Ketchup
Almond extract	Relish
Horseradish	Barbeque sauce
Fermented	Soy sauce

Sauerkraut	Salad dressings
Herbs	Teriyaki
Vegetable broth	
Most all seasonings (just be careful of Sodium content)	Gum
Kimchi	Mints
Kombucha	Protein bars
Homemade salad dressings	Snack bars
Balsamic vinegar (not the salad dressing)	Cereal
Spices	Popcorn
Sea salt (raw table salt = bloat)	MSG
Coconut aminos	Tamari
Chickpea	No premade seasonings from a packet
Dijon mustard	Anything packaged, boxed, canned, or processed (if you do not know the ingredients – that's usually not a good sign)
Miso paste	
Kefir water – not kefir milk or yogurt	