

## Healthy Gut Shopping List

A complete shopping checklist designed to help individuals select foods that support digestive health and microbiome balance.

### Fiber-Rich Foods

- Oats
- Beans
- Lentils
- Whole grains
- Apples
- Pears
- Leafy greens

### Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi
- Tempeh
- Miso

### Healthy Fats

- Olive oil
- Avocados
- Nuts
- Seeds

### Polyphenol-Rich Foods

- Berries
- Dark chocolate
- Green tea
- Extra virgin olive oil
- Herbs & spices