

How To Include

MORE Plant Foods For A Healthy Gut

We should be aiming for 30-40 serves per week

40 Best Plant Foods For a Healthy Gut	NAME 1		NAME 2		NAME 3		NAME 4		NAME 5		NAME 6																															
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	FRUIT																																									
Berries – Blackberries, Blueberries, Strawberries, Raspberries, Cranberries																																										
Black Currants																																										
Plums																																										
Black & Red Grapes																																										
Apples – Red, Pink, Green (And Stewed)																																										
Bananas – Less Ripe																																										
Pomegranate																																										
VEG																																										
Red & Green Cabbage																																										
Broccoli																																										
Cauliflower																																										
Brussel Sprouts																																										
Carrots - Purple, Red & Orange																																										
Potatoes – Purple, Red & Sweet Potatoes																																										
Leafy Veg – Green, Purple & Red																																										
Beetroot																																										
Beans - Fresh																																										
Leeks																																										
Asparagus																																										
Garlic																																										
Onion																																										
NUTS																																										
Almonds																																										
Hazelnuts																																										
Pecans																																										
Cashews																																										
Walnuts																																										
SEEDS																																										
Flaxseed / Linseed (Meal)																																										
Pepitas (Pumpkin)																																										
Sunflower																																										
Chia (Soaked)																																										
HERBS																																										
Oregano																																										
Rosemary																																										
Thyme																																										
Coriander (Leaves & Seeds)																																										
Parsley																																										
Peppermint																																										
SPICES																																										
Ginger																																										
Turmeric																																										
Cinnamon																																										
Cardamom																																										
Cumin																																										
Fennel																																										
LEGUMES/PULSES																																										
Chickpeas & Lentils																																										
Beans – Black, Kidney, Adzuki																																										
WHOLEGRAINS																																										
Wholegrain Rice (Brown, Red, Black)																																										
Wholegrain Oats (If Gluten Tolerated / Not Celiac)																																										
Wholegrain Rye (If Gluten Tolerated / Not Celiac, Sourdough Best)																																										



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