



Key Gut Health Nutrients

- **Soluble Fiber-Rich Foods**

- E.g. walnuts, chia/flax/sunflower seeds, apple, avocado, berries, broccoli, carrot, sweet potato...

- **Insoluble Fiber-Rich Foods**

- E.g. almonds, walnuts, sunflower seeds, root vegetables and their skins (e.g. carrot, sweet potato, zucchini), celery, broccoli, onion, dark/leafy greens, berries, apples/pears (skin on) and cucumber...

- **Prebiotic-Rich Foods**

- E.g. apple (tart/green), asparagus, banana (slightly green or turned yellow), chicory root, dandelion greens, flax seed, garlic, Jerusalem artichoke, jicama, kiwi, leek, legumes, onion, seaweeds...

- **Probiotic-Rich Foods**

- E.g. (organic) sauerkraut/kimchi/veggies, miso, tempeh, gluten-free tamari, coconut aminos, coconut milk kefir, low-sugar kombucha...

- **Liver-Loving Foods**

- E.g. avocado, arugula, broccoli, broccoli sprouts, cabbage varieties, celery, citrus, fennel, ginger, all dark/leafy greens and microgreens, radicchio, radish, turmeric, walnuts...

- **Omega-3-Rich Foods**

- Oily/fatty, wild-caught fish (e.g. salmon, mackerel, herring, sardines)
- Plant-based Omega-3 sources: almonds, chia, flax, hemp, walnuts...
 - Plant forms must be converted INTO direct Omega-3 form in the body (not a highly-efficient conversion)



Key Gut Health Nutrients

- **Vitamin A**
 - E.g. animal proteins, organ meats, eggs...
- **Vitamin C**
 - E.g. dark/leafy greens, berries, citrus, cruciferous veg, papaya, kiwi...
- **Vitamin D**
 - **Sunlight on bare skin!**
 - E.g. red meat, fatty fish, cod liver oil, eggs, mushrooms, fortified foods...
- **Zinc**
 - E.g. animal proteins, oysters, pomegranate, raw pumpkin seeds, legumes, Shiitake mushrooms, *organic* raw cashews...
- **Glutamine (Amino Acid)**
 - E.g. red cabbage, bone broth, animal proteins, eggs, oily/fatty fish, asparagus, beans, spinach, parsley...
- **Sources of Polyphenols (Plant-Based Compounds)**
 - E.g. berries, plum, apple, dark chocolate, green tea, turmeric, olive oil, almonds, walnuts, artichokes, spinach, green olives, asparagus, celery...

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