

# How to Optimise Your Gut Microbiome

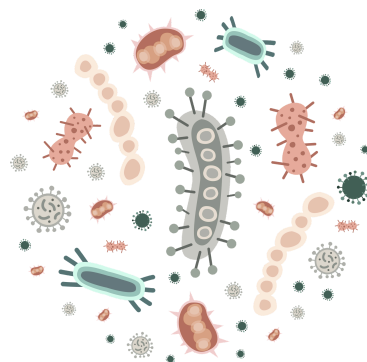
*Simple, practical steps you can start today*

## What is the gut microbiome?

Your gut microbiome is a living ecosystem in your digestive tract made up of bacteria, viruses, fungi and other microorganisms.

When in balance, it helps to:

- Produce key nutrients
- Support the gut lining
- Regulate your immune system
- Produce neurotransmitters
- Keep harmful microbes in check



## Why it matters

**A healthy gut microbiome plays a key role in:**

- Metabolic health
- Blood sugar regulation
- Thyroid function
- Immune resilience
- Inflammation balance
- Hormonal health

**Supporting your gut supports your whole body**

## The foundations of a healthy microbiome

### 1. Eat more plant foods

Aim to fill at least half your plate with a variety of plant foods. This includes vegetables, fruits, legumes, wholegrains, nuts and seeds.

### 2. Focus on variety

Different gut bacteria thrive on different foods. The more variety you eat, the more diverse (and resilient) your microbiome becomes.

### 3. Prioritise fibre

Fibre feeds beneficial gut bacteria and supports the production of short-chain fatty acids, which are essential for gut lining health and inflammation regulation. Aim to consume **25-30g of fibre** each day.

### 4. Support your nervous system

Your gut and brain are deeply connected. Support your gut by:

- Managing stress
- Prioritising sleep
- Slowing down when eating

### 5. Spend time in nature

Exposure to natural environments supports microbial diversity and overall wellbeing.

### What to reduce

Try to minimise:

- Ultra-processed foods
- Chronic stress
- Repeated or unnecessary antibiotic use



# Your 30+ Plant Variety Challenge

Aim to eat 30 or more different plant foods each week to support a diverse microbiome.

Tick off each food as you eat it throughout the week

## VEGETABLES

- artichoke
- asparagus
- beetroot
- bok choy
- broccoli
- brussel sprout
- cabbage
- carrot
- capsicum
- cauliflower
- celery
- collard greens
- cucumber
- eggplant
- fennel
- green beans
- kale
- lettuce
- mushroom
- onion
- parsnip
- potato
- pumpkin
- radicchio
- radish
- rocket
- spinach
- spring onion
- squash
- sweet potato
- swiss chard
- tomatillo
- tomato
- turnip
- zucchini

## FRUITS

- açai
- apple
- apricot
- avocado
- banana
- blackberry
- blueberry
- cherry
- cranberry
- date
- fig
- goji berry
- grapefruit
- grape/raisin
- honeydew
- kakadu plum
- kiwi
- lemon
- lime
- lychee
- mango
- nectarine
- orange
- olive
- papaya
- peach
- pear
- pineapple
- plantain
- plum/prune
- pomegranate
- raspberry
- rockmelon
- strawberry
- watermelon

## WHOLE GRAINS

- barley
- brown rice
- buckwheat
- corn/popcorn
- kamut
- millet
- oats
- quinoa
- rye
- sorghum
- spelt
- teff
- whole wheat
- wild rice

## LEGUMES

- black beans
- black-eyed peas
- butter beans
- cannellini beans
- chickpeas
- fava beans
- kidney beans
- lentils
- lima beans
- navy beans
- peas
- pinto beans
- soybeans/edamame
- tofu

## NUTS / SEEDS

- almonds
- brazil nuts
- cashews
- chia seeds
- coconut
- flax seeds
- hazelnuts
- hemp seeds
- macadamia nuts
- peanuts
- pecans
- pili nuts
- pine nuts
- pistachios
- pumpkin seeds
- sesame seeds
- sunflower seeds
- walnuts

## HERBS / SPICES

- basil
- cayenne
- cilantro
- cinnamon
- cacao
- cumin
- dill
- garlic
- ginger
- green tea/matcha
- mint
- nutmeg
- oregano
- parsley
- pepper
- sage
- thyme
- turmeric

## OTHER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Week ending: \_\_\_\_\_

Total plants eaten this week: \_\_\_\_/30



# Tips for Success

- Different colours and varieties count
- Add legumes to meals like soups, salads, and sauces
- Swap refined grains for whole grains
- Keep it simple and build gradually
- Add 1 extra vegetable to dinner
- Swap white grains for wholegrains
- Include 1 legume-based meal
- Try a new plant food

## Want to take this further?

### Personalised Support

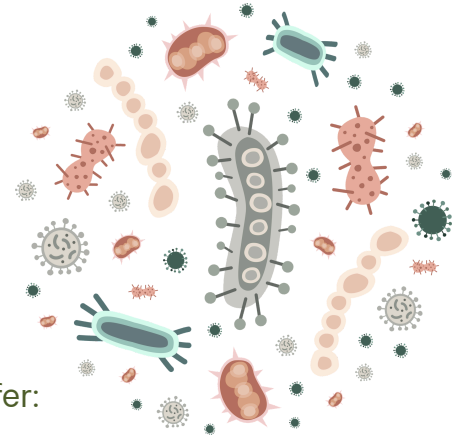
If you're dealing with:

- ongoing digestive issues,
  - fatigue,
  - thyroid issues,
  - immune issues, or
  - metabolic dysfunction,
- your gut may need more personalised support.

As a naturopath with a focus on metabolic and gut health I offer:

- Functional gut health testing
- Personalised treatment plans
- A structured gut + immune program

This allows us to identify exactly what's happening in your microbiome and create a targeted plan for your body.



**If you're ready to understand what's actually happening in your gut and get a clear, personalised plan – this is exactly what I help my clients with.**

w: [jacquigruber.com.au](http://jacquigruber.com.au)  
e: [hello@jacquigruber.com.au](mailto:hello@jacquigruber.com.au)  
p: 0402 538 490

