



THE AMERICAN GUT PROJECT
RECOMMENDS GETTING

30

DIFFERENT FRUITS, VEGETABLES,
NUTS, SEEDS, WHOLE GRAINS, BEANS,
LENTILS, AND SELECTED STARCHES IN
THE DIET EACH WEEK

106 HIGH FIBER CONTAINING FOOD PRODUCTS

Fruit

1. Apples
2. Apricots
3. Bananas
4. Blackberries
5. Blueberries
6. Coconut
7. Dates
8. Figs
9. Guava
10. Nectarines
11. Peaches
12. Pears
13. Plums
14. Pomegranates
15. Prunes
16. Raisins
17. Raspberries
18. Strawberries

Vegetables

19. Acorn squash
20. Artichokes
21. Arugula
22. Asparagus
23. Avocados
24. Beets

25. Broccoli
26. Brussels sprouts
27. Cabbage
28. Carrots
29. Celery
30. Collard greens
31. Cauliflower
32. Eggplant
33. Green beans
34. Green peas
35. Edamame
36. Kale
37. Okra
38. Olives
39. Onions
40. Parsnips
41. Peppers
42. Pumpkin
43. Radishes
44. Rutabaga
45. Shallots
46. Snap peas
47. Snow peas
48. Spinach
49. Squash
50. Sweet potatoes
51. Tomatoes
52. Turnips
53. White mushrooms
54. Zucchini

Nuts

55. Almonds
56. Brazil nuts
57. Cashews
58. Chestnuts
59. Granola
60. Hazelnuts
61. Macadamia nuts
62. Peanuts
63. Pecans
64. Pistachios
65. Walnuts

Seeds

66. Chia
67. Flax
68. Hemp
69. Pistachios
70. Pumpkin
71. Quinoa
72. Sesame
73. Sunflower
74. Wheat bran
75. Wheat germ

Beans, lentils and bean products

76. Baked beans
77. Black beans
78. Black-eyed peas
79. Fava beans
80. Garbanzo beans
81. Kidney beans
82. Lentils
83. Lima beans
84. Mung beans
85. Navy beans
86. Northern beans
87. Pinto beans
88. Split peas
89. Soybeans
90. Soy yogurt
91. Tempe
92. Tofu

Resistant starch

93. Barley
94. Brown rice
95. Cooked and cooled potatoes
96. Greenish (partially ripened) bananas
97. Muesli
98. Oats
99. Plantains
100. Raw potato starch

Cereals

- 101. All Bran
- 102. Kashi Crunch Cereal
- 103. Kashi Original Cereal
- 104. Oatmeal
- 105. Raisin bran
- 106. Shredded wheat