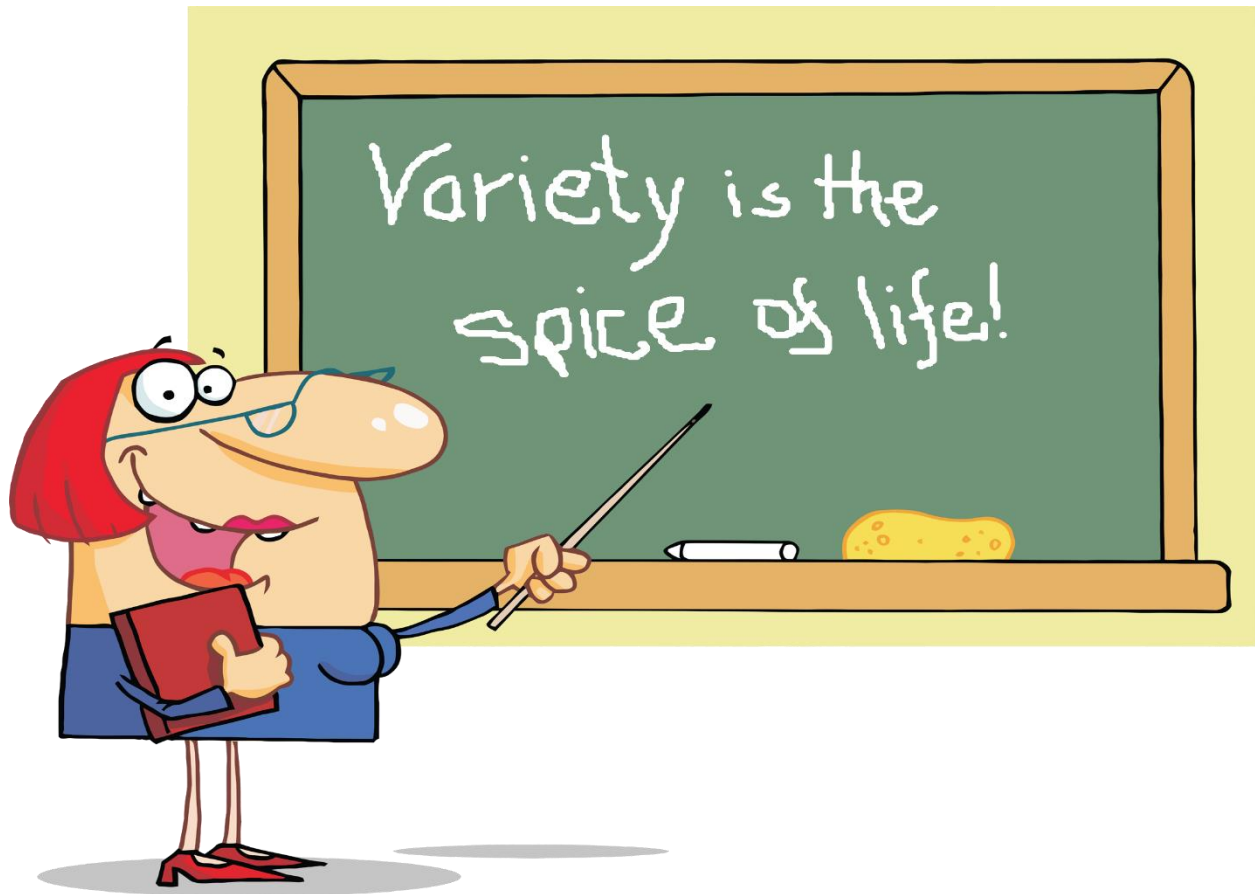




THE AMERICAN GUT PROJECT
RECOMMENDS GETTING

30

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

108 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. Cashews
- 59. Chestnuts
- 60. Granola
- 61. Hazelnuts
- 62. Macadamia nuts
- 63. Peanuts
- 64. Pecans
- 65. Pistachios
- 66. Walnuts

Seeds

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

Beans, lentils and bean products

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

Resistant starch

- 95. Barley
- 96. Brown rice
- 97. Cooked and cooled potatoes
- 98. Greenish bananas
- 99. Muesli
- 100. Oats
- 101. Plantains
- 102. Raw potato starch

Cereals

103. All Bran

104. Kashi Crunch

105. Kashi Original

106. Oatmeal

107. Raisin bran

108. Shredded wheat