



THE AMERICAN GUT PROJECT
RECOMMENDS GETTING

30

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

113 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. Oranges
12. Peaches
13. Pears
14. Plums
15. Pomegranates
16. Prunes
17. Raisins
18. Raspberries
19. Strawberries

Vegetables

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

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

55. Turnips
56. White mushrooms
57. Zucchini

Nuts

58. Almonds
59. Brazil nuts
60. Cashews
61. Chestnuts
62. Granola
63. Hazelnuts
64. Macadamia nuts
65. Peanuts
66. Pecans
67. Pistachios
68. Sunflower kernels
69. Walnuts

Seeds

70. Chia
71. Flax
72. Hemp
73. Pistachios
74. Pumpkin
75. Quinoa
76. Sesame
77. Sunflower
78. Wheat bran
79. Wheat germ

Beans, lentils and bean products

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

Resistant starch

97. Barley
98. Bread, whole wheat
99. Bread, rye
100. Brown rice
101. Cooked and cooled potatoes
102. Greenish (partially ripened) bananas

- 103. Muesli
- 104. Oats
- 105. Plantains
- 106. Quinoa
- 107. Raw potato starch

Cereals

- 108. All Bran
- 109. Kashi Crunch Cereal
- 110. Kashi Original Cereal
- 111. Oatmeal
- 112. Raisin bran
- 113. Shredded wheat