

# The Gut Insight Shopping List

Vegetables	Fruits	Herbs and Spices
<b>Artichokes*</b> <b>Asparagus*</b> Avocados Bamboo shoots Beans, green or waxed Beans, lima (unshelled) Beets Bok choy Broccoli Broccoli rabe Brussel sprouts <b>Burdock*</b> Cabbage (red, green, Chinese) Cauliflower Carrots Celery Celery root Chestnuts <b>Chicory*</b> Corn (in husks) Cucumbers Daikon radish <b>Dandelion greens*</b> Eggplant Endive Fennel Fiddleheads <b>Garlic*</b> Ginger root <b>Greens (spinach*, chard, leafy greens etc.)</b> Horseradish <b>Jerusalem artichoke*</b> <b>Jicama*</b> Kale Kohlrabi <b>Leeks*</b> Lettuce, iceberg Lettuce, leaf <b>Lettuce (dandelion greens*, endive, watercress)</b> Mushrooms Okra <b>Onions*</b> <b>Onions, dry*</b> <b>Onions, green*</b> Palm hearts Parsnips Peas (unshelled) Peppers, chili Peppers, bell Potatoes Potatoes, sweet, yams Pumpkin Radishes Rhubarb	<b>Apples</b> Apricots Asian pears <b>Bananas*</b> <b>Berries (raspberry, blackberry, strawberry, gooseberry, elderberry, red currants, exotics)</b> Cactus pears Cherries Coconut, fresh Cranberries Currants Dates Figs Gooseberries Grapefruit Grapes Guava Jujubee <b>Kiwi</b> Kumquat Lemon Lime Mango Melon, musk Nectarines Oranges Papaya Passion fruit Peaches Pears Persimmon Pineapple Plantain Plums, pluot, plumcot Pomegranate Pommelo Raisins Star fruit Quince Watermelon <hr/> <b>Vegetables (continued)</b> Rutabagas <b>Salsify*</b> Seaweed, edible <b>Shallots*</b> Snow peas Sprouts, bean, alfalfa, etc Squash, summer varieties Squash, winter varieties Taro Tomatillo <b>Tomatoes</b> Turnips Watercress <b>Yacon*</b>	Allspice Anise Basil Black Pepper Caraway Chili Cilantro Cinnamon Clove Coriander Cumin Dill Fennel Ginger Mace Marjoram Mint Nutmeg Oregano Parsley Rosemary Sage Savory Tarragon Thyme Turmeric Vanilla <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p><b>Legend</b></p> <p>Probiotics            Prebiotic potentials            Prebiotic stars*            Fermented foods</p> <p>Remember that many vegetables and fruits have not been tested, but contain prebiotic fibers.</p> </div>

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Grains	Beans and Peas (canned/dried)	Cold Case (Dairy, soy, or other)
<p>Bread, whole grain (rye, barley, wheat, oat, buckwheat)</p> <p>Pasta, whole grain</p> <p>Bulgur, wheat berries</p> <p>Polenta, cornmeal</p> <p>Tortillas</p> <p>Flours, whole grain (pastry)</p> <p>Rice, brown</p> <p>Oats</p> <p>Wild rice</p> <p>Exotic grains (spelt, quinoa)</p> <p>Cereals, prepared whole grain</p> <p>Barley, pearled</p>	<p>Beans (black, pinto, garbanzo, kidney, lima, soy, small red, small white, cannellini, Black eyed peas, exotics)</p> <p>Lentils (red, brown, French, beluga black)</p> <p>Split peas (yellow, green)</p> <p>Edamame (soy beans, cold case or frozen)</p>	<p>Yogurt</p> <p>Yogurt smoothies</p> <p>Kefir</p> <p>Cottage cheese (check for live cultures or prebiotic inulin)</p> <p>Milk</p> <p>Acidophilus milk</p> <p>Cheese</p> <p>Eggs</p> <p>Dips</p> <p>Spreads</p> <p>Tofu</p> <p>Miso (soy paste)</p> <p>Pesto</p> <p>Salsa</p>
Baking	Nuts and seeds	Oils
<p>Flour, whole grain</p> <p>Jam or jelly</p> <p>Syrup</p> <p>Honey</p> <p>Sugar</p> <p>Baking soda / powder</p> <p>Tapioca</p> <p>Vanilla</p> <p>Yeast</p> <p>Chocolate</p> <p>Corn Starch</p> <p>Baking mixes</p> <p>Carob</p>	<p>Almonds</p> <p>Cashews</p> <p>Coconuts, fresh</p> <p>Flaxseed</p> <p>Hazelnuts</p> <p>Macadamias</p> <p>Peanuts</p> <p>Pecans</p> <p>Pine nuts</p> <p>Pistachios</p> <p>Poppy seeds</p> <p>Pumpkin seeds</p> <p>Sesame seeds</p> <p>Sunflower seeds</p> <p>Walnuts</p> <p>Tahini (ground sesame seeds)</p> <p>Nut butters from the above</p>	<p>Olive</p> <p>Canola or vegetable</p> <p>Peanut</p> <p>Sesame</p> <p>Walnut</p> <p>Exotic</p>
Beverages	Condiments	Meat, poultry, fish, other
<p>Coffee</p> <p>Tea</p> <p>Chocolate or cocoa</p> <p>Beer</p> <p>Wine</p> <p>Soy milk</p> <p>Nut milk</p> <p>Rice milk</p> <p>Kombucha (tea with live cultures)</p>	<p>Vinegar (apple cider, balsamic, red wine, rice, malt)</p> <p>Mustard</p> <p>Mayonnaise</p> <p>Catsup</p> <p>Worcestershire</p> <p>Soy sauce / Tamari</p> <p>Chutney</p> <p>Salsa</p> <p>Chile oil or sauce</p> <p>Wasabi</p> <p>Horseradish</p>	<p>Chicken</p> <p>Turkey</p> <p>Beef</p> <p>Pork</p> <p>Lamb</p> <p>Fish</p> <p>Exotics: bison, ostrich, etc.</p> <p>Tofu</p> <p>Tempeh (soy beans)</p> <p>Seitan (wheat gluten)</p> <p>Natto (fermented beans)</p> <p>Soy alternatives to meat, i.e. soy turkey, soy lunch slices, etc</p>
Fermented / Pickled	Snacks	Freezer
<p>Pickled cucumbers</p> <p>Olives</p> <p>Pickled Beets</p> <p>Kimchi (fermented cabbage)</p>	<p>Popcorn</p> <p>Dips made from beans, vegetables</p> <p>Crackers with whole grain</p> <p>Chips, whole grain</p>	<p>Vegetables</p> <p>Fruits</p> <p>Waffles</p>
Deli		
<p>Bean salads</p> <p>Grain salads</p> <p>Vegetable salads</p>	<p>Snack bars (check ingredients for whole grains or inulin and for probiotics)</p>	