

The Gut Insight Shopping List

Vegetables	Fruits	Herbs and Spices
Artichokes* Asparagus* Avocados Bamboo shoots Beans, green or waxed Beans, lima (unshelled) Beets Bok choy Broccoli Broccoli rabe Brussel sprouts Burdock* Cabbage (red, green, Chinese) Cauliflower Carrots Celery Celery root Chestnuts Chicory* Corn (in husks) Cucumbers Daikon radish Dandelion greens* Eggplant Endive Fennel Fiddleheads Garlic* Ginger root Greens (spinach*, chard, leafy greens etc.) Horseradish Jerusalem artichoke* Jicama* Kale Kohlrabi Leeks* Lettuce, iceberg Lettuce, leaf Lettuce (dandelion greens*, endive, watercress) Mushrooms Okra Onions* Onions, dry* Onions, green* Palm hearts Parsnips Peas (unshelled) Peppers, chili Peppers, bell Potatoes Potatoes, sweet, yams Pumpkin Radishes Rhubarb	Apples Apricots Asian pears Bananas* Berries (raspberry, blackberry, strawberry, gooseberry, elderberry, red currants, exotics) Cactus pears Cherries Coconut, fresh Cranberries Currants Dates Figs Gooseberries Grapefruit Grapes Guava Jujubee Kiwi 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	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
	Vegetables (continued) Rutabagas Salsify* Seaweed, edible Shallots* Snow peas Sprouts, bean, alfalfa, etc Squash, summer varieties Squash, winter varieties Taro Tomatillo Tomatoes Turnips Watercress Yacon*	Legend Probiotics Prebiotic potentials Prebiotic stars* Fermented foods Remember that many vegetables and fruits have not been tested, but contain prebiotic fibers.

The Gut Insight Shopping List

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>Sauerkraut</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>	