

THE GUT LIST



A Food Guide Beneficial to Gut Health

Based on a list by
Dr. Steven Gundry, MD



THE "YES" LIST

CRUCIFEROUS VEGETABLES

Arugula
Bok choy
Broccoli
Brussels sprouts
Cabbage, green and red
Cauliflower
Collards
Kale
Kimchi
Kohlrabi
Napa cabbage
Sauerkraut (raw)
Swiss chard
Watercress



LEAFY GREENS

Algae
Basil
Butter lettuce
Cilantro
Dandelion greens
Endive
Escarole
Fennel
Frisée
Mesclun (baby greens)
Mint
Mizuna
Mustard greens
Parsley
Perilla
Purslane
Red and green leaf lettuces
Romaine lettuce
Sea vegetables
Seaweed and algae
Spinach

OTHER POSTBIOTIC- BOOSTING VEGETABLES

Artichokes	Horseradish
Asparagus	Jerusalem artichokes (sunchokes)
Bamboo shoots	Leeks
Beets (raw)	Lemongrass
Carrot greens	Mushrooms
Carrots (raw)	Nopales (cactus)
Celery	Okra
Chicory	Onions
Chives	Parsnips
Daikon radish	Puntarelle
Endive	Radicchio
Escarole	Radishes
Fiddlehead ferns	Rutabaga
Frisée	Scallions
Garlic	Shallots
Garlic scapes	Water chestnuts
Ginger	
Hearts of palm	



FRUITS THAT ACT LIKE FATS

Avocado (up to a whole one per day)

Olives, all types

NUTS & SEEDS

Barùkas (or baru) nuts

Pistachios

Basil seeds

Brazil nuts (in limited quantities)

Pine nuts

Walnuts

Sesame seeds

Tahini (sesame paste)

Coconut milk (unsweetened dairy substitute)

Coconut milk/cream (unsweetened full-fat canned)

Coconut meat (but not coconut water)

Pili nuts

Flaxseeds

Hazelnuts

Hemp protein powder

Hemp seeds

Macadamia nuts

Milkadamia creamer (unsweetened and not the milk)

Nut butters

(if almond butter, preferably made with
blanched almonds, as almond skins contain lectins)

Pecans

Psyllium seeds/powder

Sacha inchi seeds

Chestnuts

Almonds (only blanched or marcona)

OILS

MCT oil

Perilla oil

Flaxseed oil (high lignan)

Sesame oil, regular and toasted

Rice bran oil

Macadamia oil

Black seed oil

Canola oil (non-GMO, organic only!)

Olive oil (extra-virgin first cold-pressed)

Cod liver oil

Coconut oil

Red palm oil

Walnut oil

Avocado oil

PASTURED POULTRY

Pasture-raised chicken

Pastured turkey jerky (low sugar version)

Duck

Game birds (pheasant, grouse, dove, quail)

Goose

Ostrich

Pastured or Omega-3 eggs (up to 4 daily)

Heritage or pastured turkey

RESISTANT STARCHES

Note: people with diabetes and prediabetes should initially limit these foods.

Baobab fruit
Cassava (tapioca)
Celery root (celeriac)
Glucomannan (konjac root)
Green bananas
Green mango
Green papaya
Green plantains
Jicama
Millet
Parsnips
Persimmon
Rutabaga
Sorghum
Sweet potatoes or yams
Taro root
Tiger nuts
Turnips
Yucca

MEAT

Note: people with diabetes and prediabetes should initially limit these foods.

Beef
Bison
Boar
Elk
Pork
(humanely raised, including prosciutto, Ibérico ham, Cinco Jotas ham)
Traditionally fermented sausages

WILD-CAUGHT SEAFOOD

(Use with caution owing to its microplastics content; consume 4 ounces per day)

Wild Alaskan salmon
(contains very few microplastics)
Anchovies
Calamari/squid
Canned tuna
Clams
Crab
Cod
Freshwater bass
Halibut
Hawaiian fish, including mahimahi, ono, and opah
Lobster
Mussels
Oysters
Sardines
Scallops
Shrimp (wild only)
Steelhead
Trout
Lake Superior whitefish



POLYPHENOL - RICH FRUITS

Limit to one small serving on weekends and only when that fruit is in season, or unlimited with "reverse juicing" (throw away the juice and consume only the pulp).

Best options are pomegranate and passion-fruit seeds, followed by raspberries, blackberries, strawberries, then blueberries, grapefruit, pixie tangerines, and kiwi (eat the skin for more polyphenols)

Blackberries

Raspberries

Passion fruit

Pomegranates

Cranberries (fresh)

All citrus (no juices)

Blueberries

Strawberries

Kiwis

Cherries

Apricots

Crispy pears (Anjou, Bosc, Comice)

Guava

Nectarines

Papaya

Peaches

Persimmon

Plums

Starfruit

Apples



DAIRY PRODUCTS & REPLACEMENTS

Aged cheeses from Switzerland

Aged 'raw' French/Italian cheeses

Goat milk cheeses: feta, brie, mozzarella, cheddar

Sheep milk cheeses: pecorino Romano, pecorino sardo, feta, manchego

Goat milk cream flakes: Mt. Capra

Goat and sheep kefir (plain)

Goat yogurt (plain)

Sheep yogurt (plain)

Coconut yogurt (plain)

Parmigiano-Reggiano cheese

Goat ghee (limit)

Ghee (grass-fed) (limit)

Organic heavy cream

Organic sour cream

BEVERAGES

Coffee

Hydrogen water

Tea (all types)

HERBS, SEASONINGS & CONDIMENTS

Nutritional yeast
Sea salt (iodized)
Miso paste
Mustard
MCT mayonnaise
Avocado mayonnaise
Coconut aminos
Fish sauce
Pure vanilla extract
Tahini/sesame paste
Vinegars (apple cider vinegars, balsamic vinegars)
Wasabi

VEGETABLES

Most of these can be made safe foods with pressure cooking; marked with an (*).

All beans* (including sprouts)
Chickpeas* (including as hummus)
Edamame*
Green/string beans*
Legumes*
All lentils*
Pea protein (unless pea protein isolate or hydrolysate)
Peas*
Soy*
Soy protein (unless soy protein isolate or hydrolysate)
Sugar snap peas
Tofu



THE "NO" LIST

REFINED STARCHY FOODS

Bread
Cereal
Cookies
Crackers
Pasta
Pastries
Potato chips
Potatoes
Rice
Tortillas
Wheat flour



GRAINS, SPROUTED GRAINS, PSEUDO-GRAINS & GRASSES

Barley (cannot pressure cook)
Barley grass
Brown rice
Buckwheat
Bulgur
Corn
Corn products
Corn syrup
Einkorn
Kamut
Kasha
Oats (cannot pressure cook)
Popcorn
Quinoa
Rye (cannot pressure cook)
Spelt
Wheat
(pressure cooking does not remove lectins from any form of wheat)
Wheatgrass
White rice (except pressure cooked white basmati rice from India, which is high resistant starch; American white basmati is not)
Wild rice

SUGARS & SWEETENERS

Agave

Coconut sugar

Diet drinks

Granulated sugar (even organic cane sugar)

Maltodextrin

NutraSweet (aspartame)

Splenda

Sweet One and Sunett (acesulfame-K)

Sweet'N Low (saccharin)

NUTS & SEEDS

Almonds with peels

Cashews

Chia seeds

Peanuts

Pumpkin seeds

Sunflower seeds

HERBS & SEASONINGS

Ketchup

Mayonnaise (unless MCT or avocado)

Red chili flakes

Soy sauce

Steak sauce

Worcestershire sauce (unless gluten-free)

MILK PRODUCTS THAT CONTAIN A1

Butter

(even grass-fed), unless from A2 beta-casein protein cows, sheep, or goats

Cottage cheese

Frozen yogurt

Most ice creams

Kefir from American cows

Cow's milk

Cow's milk cheese from American cows

Ricotta

Yogurt (including Greek yogurt)

OILS

All "partially hydrogenated" oils

Corn

Cottonseed

Grapeseed

Peanut

Safflower

Soy

Sunflower

"Vegetable"