Gut Health Food List PDF: 45 Simple Foods, Free Printable

Free printable. Full guide and tips: https://betterlifecarez.com/gut-health-food-list-pdf/

The Gut Health Food List PDF: 45 Foods to Buy

Fiber values are approximate, rounded from USDA FoodData Central. "Freely" means eat as often as you like. "Daily" means about one serving a day. "Moderation" means small portions, a few times a week.

The daily fiber goal for most adults is roughly 22 to 34 grams, depending on age and sex. Build up slowly and drink plenty of water.

Vegetables

Food	Serving	Fiber (approx.)	How often	Note
Artichoke	1 medium, cooked	~7 g	Freely	Rich in prebiotic inulin
Broccoli	1 cup, cooked	~5 g	Freely	Steam or roast
Brussels sprouts	1 cup, cooked	~4 g	Freely	Best roasted
Carrots	1 cup, cooked	~5 g	Freely	Cheap year-round
Onions	1/2 cup, chopped	~1 g	Freely	Prebiotic; may bother IBS
Garlic	2 cloves	Under 1 g	Freely	Prebiotic; may bother IBS
Leeks	1/2 cup, chopped	~1 g	Freely	Great in soups
Asparagus	1 cup, cooked	~3.5 g	Freely	Contains prebiotic inulin
Spinach	1 cup, cooked	~4 g	Freely	Frozen works fine
Sweet potato	1 medium, with skin	~4 g	Freely	Eat the skin too

Fruits

Food	Serving	Fiber (approx.)	How often	Note
Raspberries	1 cup	~8 g	Freely	Frozen is cheaper
Pear	1 medium, with skin	~5.5 g	Freely	Skin holds much fiber
Apple	1 medium, with skin	~4 g	Freely	Contains pectin, a soluble fiber
Banana, slightly green	1 medium	~3 g	Freely	Some resistant starch
Kiwi	2 medium	~4 g	Freely	May ease constipation
Blueberries	1 cup	~3.5 g	Freely	Rich in polyphenols
Orange	1 medium	~3 g	Freely	Whole fruit beats juice
Prunes	5 prunes	~3 g	Moderation	Natural laxative effect
Avocado	1/2 fruit	~5 g	Daily	Fiber plus healthy fat

Beans and Legumes

Food	Serving	Fiber (approx.)	How often	Note
Lentils	1/2 cup, cooked	~8 g	Freely	No soaking needed
Black beans	1/2 cup, cooked	~7.5 g	Freely	Rinse canned beans
Chickpeas	1/2 cup, cooked	~6 g	Freely	Roast for crunchy snacks
Split peas	1/2 cup, cooked	~8 g	Freely	Easy soup base
Kidney beans	1/2 cup, cooked	~5.5 g	Freely	Chili staple
Edamame	1/2 cup, shelled	~4 g	Freely	Frozen, ready in minutes

Whole Grains

Food	Serving	Fiber (approx.)	How often	Note
Rolled oats	1/2 cup, dry	~4 g	Daily	Contains beta-glucan fiber
Barley	1 cup, cooked	~6 g	Freely	Chewy swap for rice
Quinoa	1 cup, cooked	~5 g	Freely	Cooks in 15 minutes
Brown rice	1 cup, cooked	~3 g	Freely	Cooling may add resistant starch
Whole-wheat bread	1 slice	~2 g	Daily	Look for 100% whole wheat
Popcorn, air-popped	3 cups	~3.5 g	Freely	Whole grain snack

Fermented Foods

Food	Serving	Fiber (approx.)	How often	Note
Plain yogurt	1 cup	0 g	Daily	Check for live, active cultures
Plain kefir	1 cup	0 g	Daily	Tangy, drinkable
Sauerkraut, refrigerated	1/4 cup	~1 g	Daily	Shelf jars often pasteurized
Kimchi	1/2 cup	~1 g	Daily	Spicy; watch sodium
Miso	1 Tbsp	~1 g	Moderation	High in sodium
Kombucha	8 oz (240 ml)	0 g	Moderation	Check added sugar

Nuts, Seeds and Extras

Food	Serving	Fiber (approx.)	How often	Note
Chia seeds	1 Tbsp	~4 g	Daily	Stir into oats
Ground flaxseed	1 Tbsp	~2 g	Daily	Buy ground, not whole
Almonds	1 oz (about 23)	~3.5 g	Daily	Calorie dense; portion it
Walnuts	1 oz	~2 g	Daily	Plant omega-3 source
Pistachios	1 oz	~3 g	Daily	Shells slow snacking
Extra virgin olive oil	1 Tbsp	0 g	Daily	Contains polyphenols
Green tea	1 cup	0 g	Freely	Polyphenols; contains caffeine
Dark chocolate, 70%+	1 oz	~3 g	Moderation	Treat-size portion

Foods to Limit

- Sugary drinks: soda, sweet tea and energy drinks.
- Ultra-processed snacks low in fiber.
- Processed meats like hot dogs and deli meats.
- Alcohol, especially more than one or two drinks.
- Greasy fried foods if they upset your stomach.

Weekly target: buy at least 3 vegetables, 2 fruits, 1 bean, 1 whole grain and 1 fermented food.