



Nutrition and Gut Health



What is the Gut Microbiome?

- A distinct ecosystem within your GI tract, populated by trillions of microorganisms.
- These microorganisms have a symbiotic relationship with us, their hosts.
- The gut microbiome may affect the digestive, immune, nervous and endocrine systems.

What is Dysbiosis?

- This is a fancy word for an unbalanced or unhealthy gut microbiome.
- It can mean too few good bacteria, too many bad bacteria or a lack of bacterial diversity.
- May be caused by infections, small-intestine bacterial overgrowth (SIBO), inflammatory bowel disease (IBD), atherosclerosis and environmental factors.

How Can My Diet Help (or Hurt) My Gut Microbiome?

Fiber ✓

Whole grains
Beans, peas, lentils
Fruits and vegetables
Nuts and seeds

Prebiotics ✓

Artichokes and asparagus
Garlic, onions, leeks
Jicama
Bananas, apples, raspberries
Oats, barley
Seaweed
Flaxseeds

Probiotics ✓

Yogurt with live active cultures
Pickles or pickled beets
Kefir (fermented milk)
Sauerkraut
Kombucha
Sourdough
Kimchi
Miso

Polyphenols ✓

Fruits: Apples, blueberries, cherries, grapes, pears and strawberries
Vegetables: Broccoli, cauliflower, cabbage, tomatoes and Brussels sprouts
Spices: Turmeric, ginger and red pepper flakes
Beverages: Green tea, coffee and red wine
Other: Dark chocolate, soy products and peanuts

Omega-3 fatty acids ✓

Fatty fish: Salmon, tuna, mackerel, sardines, anchovies and herring
Nuts and seeds

May Cause Dysbiosis ✗

Sugary foods and drinks
Artificial sweeteners
Alcohol
Excessive caffeine
High-fat processed meats
Fried foods
High-sodium foods
Ultra-processed foods

