

# Shopping for Your Microbiome

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## Omega-3 polyunsaturated fats (Omega-3 PUFA)

- Sardines
  - Tuna
  - Chia seeds
  - Flaxseed oil
  - Linseed oil
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## Monounsaturated fatty acids (MUFA)

- Tree nuts (walnuts)
  - Avocado
  - Olive oil
  - Sesame seeds
  - Tahini
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## Prebiotics

- Green leafy veg (arugula, lettuce, spinach, broccoli, zucchini, green beans, parsley)
- Fruits (pear, apple, banana)
- Whole grains

## Probiotics

- Plain yogurt (no sugar) with *Lactobacillus Casei* (such as Chobani brand)
  - Miso
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## Enzymatic fruits

- Pineapple
  - Mango
  - Papaya
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## Spices

- Turmeric
  - Black pepper
  - Ginger
  - Cinnamon
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## Plant-based milks

- Almond
- Rice
- Coconut
- Oat

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## Phytochemical-rich vegetables

- Garlic
  - Onion
  - Pumpkin
  - Zucchini
  - Carrot
  - Green leafy veg
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## Healthy proteins

- Red beans
  - White beans
  - Lentils
  - Garbanzos
  - Poultry
  - White fish
  - Tofu
  - Eggs
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## Whole grains

- Rye
- Corn
- Oats
- Quinoa
- Corn tortillas

## Sweetener

- Honey
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## Coffee replacement

- Green tea
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## Antioxidant-rich foods

- Vegetables (minus nightshades)
  - Fruits
  - Strawberries
  - Apple Cider vinegar
  - Lemon
  - Grapes
  - Lime
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## Other

- Vanilla extract
- Celery
- Cucumber