5-DAY INTEGRATIVE GUT RESET
GUT-FRIENDLY SHOPPING LIST, TIPS, MEAL INSPIRATIONS, AND MORE
FOODS TO INCLUDE

VEGETABLES

Growing up, you might have been told to eat your veggies – and with good reason! Vegetables pack a lot of nutrients in a minimal amount of calories. From vitamins and minerals to fiber and phytonutrients, veggies help you stay full longer, boost immunity, and decrease inflammation. Plus, they’re essential for good gut health.

Here are a few examples to explore:

- Artichokes
- Asparagus
- Beets
- Carrots
- Celery
- Cruciferous vegetables (bok choy, Brussels sprouts, cauliflower)
- Leafy greens (chard, collards, kale, spinach)
- Onion
- Squash (butternut, delicate, spaghetti)
QUESTIONS? (WE’VE GOT YOU COVERED!)

DOES BUYING ORGANIC REALLY MAKE A DIFFERENCE?

Because organic produce is grown without synthetic pesticides, fertilizers, or GMOs, opting for organic can reduce exposure. However, that doesn’t mean all veggies need to be organic – check out the Environmental Working Group’s Dirty Dozen and Clean Fifteen lists to get a sense of which veggies are highest (and lowest) in pesticides. Make sure to thoroughly wash all vegetables before eating to remove any additional dirt or germs! This is a simple way to reduce exposure to pesticides.

ARE CANNED VEGETABLES LOWER IN NUTRIENTS?

Canned vegetables are typically more affordable than fresh vegetables but may be slightly lower in water-soluble vitamins. Canned veggies often include extra sodium, sugar, or other additives to enhance flavor or increase shelf life, so be sure to check labels. If you choose canned, opt for ones that are BPA-free.

MEAL INSPIRATIONS

- **MINESTRONE SOUP**
  (onions, carrots, celery, zucchini, kidney beans, spinach, chicken broth)

- **KALE PESTO SPAGHETTI SQUASH**
  (spaghetti squash, kale, walnuts, olive oil, fresh lemon, garlic, salt, pepper)

- **RATATOUILLE**
  (eggplant, bell peppers, onions, tomatoes, zucchini, parsley, garlic)
FRUITS

Fruits are loaded with beneficial vitamins and fiber that help prevent constipation and other digestive problems! Colorful fruits are also a major source of antioxidants. In fact, some of the most potent antioxidant food sources are fruits! While fruit is a source of fructose, a form of sugar, research consistently shows that including fruit in your diet helps support health and well-being.

Here are a few examples to explore:

- Apples
- Avocados
- Bananas
- Blueberries
- Cranberries
- Goji berries
- Grapefruit
- Pears
- Persimmons
- Pomegranates
QUESTIONS? (WE’VE GOT YOU COVERED!)

IS FROZEN FRUIT A GOOD ALTERNATIVE TO FRESH FRUIT?
Yes! A popular misconception is that frozen fruit isn’t as nutritious as fresh fruit. However, frozen fruit is often picked at peak ripeness, which helps retain their nutrients. (This is true of frozen veggies, too!) Read labels to make sure you’re selecting options that don’t include added salt, sugar, or other additives.

ARE SMOOTHIES AND JUICES JUST AS GOOD AS EATING WHOLE FRUITS?
If most (or all) of a piece of fruit is being blended into a smoothie, then your consumption will be pretty equal to that of a whole fruit. Fiber is removed when juicing, though, so while it may help facilitate nutrient absorption, juice doesn’t have the fiber that slows the absorption of sugar into the bloodstream. While both can be included in a nutritious diet, keep in mind that store-bought or packaged smoothies and fruit juices usually have added sugar and may rely more heavily on fruit concentrate than actual fruit. To ensure you’re getting all the benefits from fruit, try making your own at home!

MEAL INSPIRATIONS

• BERRY SMOOTHIE
  (strawberries, blueberries, banana, spinach, almond milk)

• HOMEMADE GUACAMOLE
  (avocado, onions, tomatoes, fresh lime, cilantro)

• WATERMELON SALAD
  (watermelon, arugula, mint, fresh lime)
WHOLE GRAINS

Compared to refined carbs, like white pasta and bread, whole grains are a great source of fiber and encourage proper cell functioning.

Here are a few examples to explore:

- Buckwheat
- Farro
- Millet
- Oats (opt for gluten-free varieties if you’re limiting gluten exposure)
- Quinoa
- Rice
QUESTIONS? (WE’VE GOT YOU COVERED!)

CAN I TRUST ALL FOODS LABELED “WHOLE GRAIN”?

Products in grocery stores, including cereal, bagels, tortillas, and pastas, might have “whole grain” on their packaging, but while they contain some whole grains, these labels can be deceiving. Since ingredients are listed by weight, products that use multiple sweeteners can spread their collective weight across multiple ingredients and allow the whole grain to be listed first. Be sure to read all the ingredients in a product to get a better sense. Also, look for labels that say “100% whole grain” rather than simply “made with whole grains,” which may not contain much whole grains at all.

WHAT ABOUT SPROUTED GRAINS?

You might see sprouted grains popping up more and more, especially in healthier bread options. Similar to whole grains, they offer a variety of vitamins and minerals. Sprouted grains may help reduce glycemic index and make some nutrients more bio-available, but incorporating both sprouted and whole grains into your diet can be good for your gut and overall health.

MEAL INSPIRATIONS

- **OVERNIGHT OATS**
  (oats, cinnamon, your choice of nut milk)

- **MEDITERRANEAN QUINOA SALAD**
  (quinoa, tomatoes, cucumbers, bell peppers, kalamata olives, oregano)

- **SPINACH TABBOULEH**
  (farro, spinach, garlic, olive oil, tomatoes, cucumbers, fresh lemon, mint)
BEANS AND LEGUMES

Beans and legumes are a mineral-rich and inexpensive protein source. They’re gut healthy and may actually help support a healthy weight. One cup contains over half of the daily fiber recommendation!

Here are a few examples to explore:

- Adzuki beans
- Black beans
- Garbanzo beans
- Kidney beans
- Lentils
QUESTIONS? (WE’VE GOT YOU COVERED!)

WHAT’S THE DIFFERENCE BETWEEN CANNED AND DRIED?

While canned beans are more convenient for cooking, they’re actually more expensive than dried beans. Canned beans also tend to be higher in sodium and may include preservatives. You have more control over dried beans, and one bag usually contains enough for several portions!

IF THE BEANS ARE DRIED, SHOULD I SOAK THEM?

Soaking your beans can help make them more digestible and cook faster. Try letting them sit in water for at least four hours (and up to twelve – they don’t always have to soak overnight). Lentils and split beans don’t need to soak. If you don’t have time for a full soak, you can always give them a quick soak by letting them come to a boil and then setting aside for an hour before cooking.

MEAL INSPIRATIONS

- **LENTIL DAL**
  (lentils, tomatoes, garlic, cumin, ginger, onions, cilantro, olive oil)

- **BLACK BEAN CHILI**
  (avocado, onions, tomatoes, fresh lime, cilantro)

- **HOMEMADE HUMMUS**
  (garbanzo beans, tahini, olive oil, lemon, garlic)
HEALTHY FATS

Unprocessed and natural healthy fats can help lower cholesterol, boost brain function, and keep you full for longer periods of time. Plus, maintaining an adequate amount of fat in your diet is good for your hair and skin, so you’ll glow on the inside and outside!

Here are a few examples to explore:

- Extra-virgin olive oil
- Flaxseed oil
- Nuts (almonds, pecans, walnuts)
- Seeds (chia, pumpkin, sesame)
QUESTIONS? (WE’VE GOT YOU COVERED!)

ARE THERE ANY TYPES OF FATS I SHOULD STAY AWAY FROM?

Ideally, the two fats you’ll consume most are monounsaturated and polyunsaturated – these can be found in nuts, avocados, and olive oil. Unsaturated fats help support heart health and keep the arterial walls flexible. Saturated fats, like those found in animal-based foods and tropical oils (like palm and coconut), should be slightly more limited.

Trans fats, on the other hand, should generally be avoided. They’re associated with heart disease and an increased risk for stroke. Trans fats are typically added to baked goods to make them more shelf stable, but they can also be found in margarine and frozen meals. If you see the word *hydrogenated* in a list of ingredients, it’s a major tip-off that the product includes trans fats.

WHICH OIL SHOULD I COOK WITH?

With so many options, there is a lot to consider when choosing oils. A high-quality olive oil is versatile and has been used in a variety of cooking methods as part of the Mediterranean diet for centuries, so that’s always a good start. Other options that work well for high-heat cooking include grapeseed oil, avocado oil, coconut oil, ghee, and peanut oil. In general, refined oils have a higher smoke point, but of course, they also go through more processing. Nut and seed oils, like flax or pumpkin, have a low smoke point, so save these for salad dressings and as a finishing oil once your dish is ready to serve.

MEAL INSPIRATIONS

- **CINNAMON GRANOLA**
  (coconut oil, flaxseeds, pumpkin seeds, almonds, walnuts, cinnamon, vanilla extract, rolled oats)

- **HOMEMADE NUT BUTTER**
  (whole almonds, cashews, or sunflowers)

- **CHIA SEED PUDDING**
  (chia seeds, vanilla extract, unsweetened nut milk, blueberries and strawberries on top!)
MEAT AND SEAFOODS

Organic, pasture-raised, grass-fed meat tends to be more humane and is free of hormones and antibiotics. Since these animals are able to enjoy their natural grazing diet, their meat tends to be higher in omega-3 fatty acids, too.

When it comes to purchasing fresh fish, make sure its scales look shiny, its eyes are clear, and it doesn’t come with an overly “fishy” smell. Depending on where and how they were caught, not all options are created equal. Check out the Seafood Watch Consumer Guides to explore the most sustainable options in your area. Keep in mind that larger fish tend to be higher in mercury than smaller fish.

Here are a few examples to explore:

- Organic, grass-fed meat
- Wild-caught fatty fish (mackerel, salmon, tuna)
QUESTIONS? (WE’VE GOT YOU COVERED!)

WHAT’S THE DIFFERENCE BETWEEN FARM-RAISED AND WILD-CAUGHT SEAFOOD?

Farm-raised fish are usually raised in tanks, while wild-caught fish are caught in their natural environments (lakes, oceans, and rivers). Wild-caught fish tend to have a more natural diet whereas farmed fish are given feed. Farmed fish may also be more likely to be given antibiotics. You might also notice the difference in color when you’re shopping for fish. For instance, wild-caught salmon is usually brighter and pinker!

WHY PURCHASE LOCAL?

Purchasing meat from a local farmer is sustainable and cost-effective and helps ensure you’re getting the best quality. A great way to find local farmers is by talking to vendors at farmers’ markets. You can get to know the people you’re purchasing your meat from, visit the farm, and see how the animals are raised.

MEAL INSPIRATIONS

• LETTUCE WRAPS
  (lettuce, chicken, onions, mushrooms, cilantro, carrots, tahini)

• TUNA POKE BOWL
  (ahi tuna, scallions, sesame seeds, brown rice, lettuce, avocado, cucumber)

• LEMON ROSEMARY SALMON
  (salmon, fresh lemon, rosemary, olive oil, salt, pepper – and pair it with a side of asparagus!)
FERMENTED FOODS

Fermented foods provide the gut with healthy bacteria while crowding out unhealthy bacteria. Rich in probiotics, they also improve digestion, boost immunity, and promote a healthy weight!

Here are a few examples to explore:

- Kimchi
- Kombucha
- Miso
- Sauerkraut
- Tempeh
- Yogurt
QUESTIONS? (WE’VE GOT YOU COVERED!)

WHAT’S PROPER FERMENTATION?
In the process of fermentation, food is preserved through a process where bacteria convert some of the sugars into alcohol, lactic acid, or carbon dioxide. Fermentation takes time. Items that are fermented have to be made at the right temperature and have access to the right amount of air to keep the process safe.

IF I DON’T WANT TO MAKE FERMENTED FOODS AT HOME, HOW DO I KNOW WHAT TO LOOK FOR IN A GROCERY STORE?
A common concern when purchasing any packaged food is knowing what ingredients (if any) were added. To ensure you’re buying high-quality fermented foods, stick to the refrigerated aisles only. Most will be stored in glass containers, and you can always check food labels if you’re still unsure!

MEAL INSPIRATIONS

- **VEGGIE STIR-FRY**
  (kimchi, mushrooms, onions, garlic, baby bok choy, sesame oil, carrots)

- **EGG SCRAMBLE**
  (eggs, tempeh, bell peppers, onions, tomatoes, avocado)

- **SOBA NOODLE SOUP**
  (soba noodles, miso paste, garlic, ginger, spinach, scallions)
There are a variety of foods you might eat less frequently or store in your pantry that improve digestion and promote good gut health. Focus on quality, not quantity. You don’t need to have a shot of apple cider vinegar each day, but using it as a salad dressing once in a while can be beneficial!

Here are a few examples to explore:

- Apple cider vinegar
- Bone broth
- Herbal tea
- Nut butters (almond, cashew)
SPICES AND HERBS

Spices and herbs are celebrated for both their medicinal purposes and their ability to add flavor to nearly every meal! For example, turmeric is an anti-inflammatory, cinnamon helps lower blood sugar levels, and garlic can improve heart health.

Here are a few examples to explore:

• Basil
• Cilantro
• Cinnamon
• Garlic
• Ginger
• Parsley
• Turmeric

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FOODS TO LIMIT

PROCESSED FOODS

What do added sweeteners, refined grains, and sugary beverages have in common? They’re all processed foods.

If you’re trying to maintain a balanced diet and a healthy gut, limiting the amount of processed foods is a good place to start. This doesn’t mean you need to cut out everything at once, but keep in mind that processed foods are often lower in nutrients and might contribute to weight gain and increased blood sugar. Try to base your diet on whole, natural, and unprocessed foods.

Here are a few items to look out for:

- Added sweeteners (baked goods, premade dressings and sauces)
- Alcohol
- Dairy (except probiotic, unflavored yogurt and kefir)
- Foods with long ingredients lists (this helps cut down on artificial ingredients)
- Refined grains (white breads, white pastas, white rice)
- Sugar-sweetened beverages (sodas, flavored coffee beverages, sports/energy drinks)
- Processed meats (bacon, cold cuts, sausage)
### YOUR FULL GUT-FRIENDLY LIST

#### VEGETABLES
- Artichokes
- Asparagus
- Beets
- Carrots
- Celery
- Cruciferous vegetables (bok choy, Brussels sprouts, cauliflower)
- Leafy greens (chard, collards, kale, spinach)
- Onion
- Squash (butternut, delicate, spaghetti)

#### FRUITS
- Apples
- Avocados
- Bananas
- Blueberries
- Cranberries
- Goji berries
- Grapefruit
- Pears
- Persimmons
- Pomegranates

#### WHOLE GRAINS
- Buckwheat
- Farro
- Millet
- Oats (opt for gluten-free varieties if you’re limiting gluten exposure)
- Quinoa
- Rice

#### BEANS AND LEGUMES
- Adzuki beans
- Black beans
- Garbanzo beans
- Kidney beans
- Lentils

#### HEALTHY FATS
- Extra-virgin olive oil
- Flaxseed oil
- Nuts (almonds, pecans, walnuts)
- Seeds (chia, pumpkin, sesame)

#### MEAT AND SEAFOOD
- Organic, grass-fed meat
- Wild-caught fatty fish (mackerel, salmon, tuna)

#### FERMENTED FOODS
- Kimchi
- Kombucha
- Miso
- Sauerkraut
- Tempeh
- Yogurt

#### PANTRY/MISCELLANEOUS
- Apple cider vinegar
- Bone broth
- Herbal tea
- Nut butters (almond, cashew)

#### SPICES AND HERBS
- Basil
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Parsley
- Turmeric
WHO’S READY TO SHOP?

Now that you have a clear idea of gut-friendly foods to purchase on your next trip to the store or market, we want to share five of our favorite tips that will help you and your clients stay on track.

Happy shopping!

ALWAYS TAKE YOUR LIST WITH YOU (AND WRITE THINGS DOWN AS SOON AS YOU THINK OF THEM).

We’ve tackled part of this for you, so you’re already off to a good start! Now that you have your gut-friendly shopping list, don’t forget to take it with you! It’s always a good idea to keep your list on the refrigerator or in your phone so you have quick access to it as you think of things you need. Plus, shopping with your list always saves both time and money.

PLAN OUT A WEEKLY MENU.

Reference some of the meal ideas we provided, but also do your research ahead of time so you know exactly what you need and what you’re going to use it for. Maybe you want to make a black bean chili one night, which you’ll then have for lunch the next day. Now you already have two meals out of the way!

DON’T SHOP WHEN YOU’RE HUNGRY.

It’s never a good idea to shop when you’re hungry because your main priority should be to stay focused and only purchase the items on your list! If you’re hungry, you’re more likely to get distracted and reach for things you don’t need. Have a meal before you go to the store – your gut health and your wallet will thank you!
BUY IN BULK WHEN IT MAKES SENSE.

We often see eggs, beans, legumes, and whole grains offered in bulk. However, the same can be said for fresh produce! If you and your family love a particular fruit or vegetable, it might make sense to stock up! Just make sure you’ll use it all before the expiration date – if you’re wasteful, it’s not cost effective to buy in bulk.

KEEP THINGS STOCKED FOR EASY WEEKNIGHT MEALS.

This tip applies more to pantry items, but it’s always great to have extra items on hand so you’re not buying the same foods every time you shop. Consider buying a few cans of beans or an extra bag of quinoa once a month. That way, your pantry never feels empty and you have some easy go-to items to add to weeknight meals. Although it’s best to have a plan in place ahead of time, we all know life can get in the way!