



Hello. Thank you for downloading “The Food Checklist for A Healthy Gut.”

Learning to support your gut and the beneficial bacteria that live there is the best thing you can do for your health.

You may be wondering how to work gut health foods into your diet. Use this easy checklist to help you to increase the quantity and variety of foods that feed the good bacteria in your gut.

Maybe you react to certain foods. That is a sign that you do not have the needed good bacteria to digest the food properly. Working on your gut health may help you to stop reacting. Choose the foods that work best for you.

I am here to help you. I can clarify what you need to do so don't be afraid to reach out.

If you have any questions, please feel free to contact me at 647-202-7649 or [kim@flourish-nutrition.com](mailto:kim@flourish-nutrition.com)

Enjoy!

Kim Banting, CHNP



[www.flourish-nutrition.com](http://www.flourish-nutrition.com)



#### Medical Disclaimer

All information contained in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing, and we do not assume liability for the information within this program, be it direct or indirect, consequential, special, exemplary, or other damages. In all circumstances, it is always wise to consult your physician before changing your diet, taking supplements, or starting any exercise or health program.

[www.flourish-nutrition.com](http://www.flourish-nutrition.com)

**Instructions:** Check off all the foods you currently eat and the amount you typically eat. This gives you an idea as to how well you are doing currently. Then start picking new ones to add to your diet each week. Even if you only add one food a week – your gut will be happier. Over time, you will form new habits incorporating these foods in your regular diet.

Probiotic Foods	Resistant Starch Foods (Grains)
<input type="checkbox"/> Aged Cheese (Old, Extra Old) Type: _____ <input type="checkbox"/> Apple Cider Vinegar <input type="checkbox"/> Aged Balsamic (2+ years) <input type="checkbox"/> Beer, Unpasteurized <input type="checkbox"/> Cultured Vegetables <input type="checkbox"/> Kefir, Milk <input type="checkbox"/> Kefir, Water <input type="checkbox"/> Other Fermented Food: _____	<input type="checkbox"/> Barley <input type="checkbox"/> Brown Rice <input type="checkbox"/> Corn (non-GMO) <input type="checkbox"/> Einkorn <input type="checkbox"/> Kamut <input type="checkbox"/> Oats <input type="checkbox"/> Spelt <input type="checkbox"/> Rye <input type="checkbox"/> Other Grains: _____
<input type="checkbox"/> Kimchi <input type="checkbox"/> Miso <input type="checkbox"/> Sauerkraut <input type="checkbox"/> Wine, Red <input type="checkbox"/> Wine, White <input type="checkbox"/> Yogurt, Full-Fat, Traditional <input type="checkbox"/> Yogurt, Coconut	<input type="checkbox"/> Whole Wheat <input type="checkbox"/> Sourdough bread (1 slice) <input type="checkbox"/> Other Grains <input type="checkbox"/> Quinoa

Resistant Starch Foods (Legumes)	Nuts and Seeds (Smaller amount of RS)
<input type="checkbox"/> Black Beans <input type="checkbox"/> Black-eyed Peas <input type="checkbox"/> Chickpeas (Garbanzo beans) <input type="checkbox"/> Green Beans <input type="checkbox"/> Green Peas <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Other: _____	<input type="checkbox"/> Almonds, (also prebiotic) <input type="checkbox"/> Brazil Nuts <input type="checkbox"/> Cashews <input type="checkbox"/> Chia Seeds (also prebiotic) <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Hazelnuts (Filberts) <input type="checkbox"/> Other Nuts or Seeds _____
<input type="checkbox"/> Lentils (red, green, brown) <input type="checkbox"/> Navy Beans <input type="checkbox"/> Peanuts <input type="checkbox"/> Soybeans (non-GMO) <input type="checkbox"/> Split Peas <input type="checkbox"/> Turtle Beans	<input type="checkbox"/> Hemp Seeds <input type="checkbox"/> Pecans <input type="checkbox"/> Pumpkin Seeds <input type="checkbox"/> Sacha Inchi Seeds <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Walnuts

Resistant Starch Foods (Tubers)	GOS Foods (Prebiotic)
<input type="checkbox"/> Jerusalem artichokes <input type="checkbox"/> Jicama <input type="checkbox"/> Potatoes <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Other tubers: _____	<input type="checkbox"/> Milk <input type="checkbox"/> Yogurt/Kefir <input type="checkbox"/> Cheese <input type="checkbox"/> Legumes (See RS – Legumes) <input type="checkbox"/> Other: _____

Prebiotics Fruits (FOS, Inulin)	Prebiotic Vegetables (FOS, Inulin)
<input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Dates <input type="checkbox"/> Figs <input type="checkbox"/> Grapefruit <input type="checkbox"/> Lemons <input type="checkbox"/> Nectarines <input type="checkbox"/> Peaches <input type="checkbox"/> Pomegranate <input type="checkbox"/> Watermelon <input type="checkbox"/> Berries _____ <input type="checkbox"/> Other Fruits: _____	<input type="checkbox"/> Asparagus <input type="checkbox"/> Beets <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Burdock <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Chicory <input type="checkbox"/> Collard Greens  <input type="checkbox"/> Dandelion <input type="checkbox"/> Garlic <input type="checkbox"/> Kale <input type="checkbox"/> Leeks <input type="checkbox"/> Onions <input type="checkbox"/> Radish <input type="checkbox"/> Rutabaga <input type="checkbox"/> Spinach <input type="checkbox"/> Tomato  <input type="checkbox"/> Other Vegetables _____

Protein Sources	
<input type="checkbox"/> Anchovies _____ <input type="checkbox"/> Bacon (2-3 slices) _____ <input type="checkbox"/> Beef, lean ground _____ <input type="checkbox"/> Beef, steak or roast beef _____ <input type="checkbox"/> Chicken, dark _____ <input type="checkbox"/> Chicken, white _____ <input type="checkbox"/> Pork _____ <input type="checkbox"/> Salmon _____ <input type="checkbox"/> Tuna _____ <input type="checkbox"/> Halibut _____ <input type="checkbox"/> Shellfish _____	<input type="checkbox"/> Sardines or Herring _____ <input type="checkbox"/> Tilapia _____ <input type="checkbox"/> Other Fish _____ <input type="checkbox"/> Turkey, dark _____ <input type="checkbox"/> Turkey, white _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Bone Broth _____ <input type="checkbox"/> Colostrum powder _____ <input type="checkbox"/> Glutamine Powder _____ <input type="checkbox"/> Protein Powder 17–25 g _____ Type: _____

Try these delicious recipes that combine several foods that are good for the gut.

## Berry Boost Smoothie

It may seem weird to add sauerkraut to a fruit smoothie, but it gives it a nice zing. This is how you create a recipe that has prebiotics and probiotics and supports the health and function of the gut lining.



- 1/2 cup blueberries
- 1/4 cup raspberries
- 1/4 cup strawberries
- 1 cup organic whole milk or coconut milk
- 1 scoop glutamine powder
- 1 scoop colostrum powder
- 2 tsp raw honey
- 1/4 cup sauerkraut

Place ingredients in a blender. Blend until smooth.

## Zucchini Yogurt Bone Broth Soup

This is another great combination of prebiotic foods, probiotic foods, and foods that support the function and health of the gut lining. Making your own bone broth is great but time consuming. Many health food stores now sell bone broth. Plus, there are bone broth powders made from organic, grass-fed cows that are easily mixed with water to create a broth.

- 1 tbsp olive oil or butter
- 3 tbsp chopped white onions
- 1 clove garlic, peeled and chopped
- 1 to 2 tsp chopped fresh rosemary
- 2 cups sliced zucchini
- 1 1/2 cups bone or veggie "bone" broth
- 1/2 cup yogurt
- Sea salt and black pepper
- 1/2 cup red pepper pieces

Heat a skillet with the olive oil or butter and add the onions, garlic, and rosemary. Lightly sauté. Add the zucchini and continue to sauté for another 1-2 minutes. Add the broth and bring to a boil. Lower to a simmer and continue to cook the zucchini for 5-6 minutes. Remove from heat. Puree with a hand blender, or transfer to a regular blender and process. Pour into a bowl, add the yogurt, and mix. Season with sea salt and pepper. Top with red peppers. Serve.





**Kim Banting, CHNP**

Hi! My name is Kim Banting and I am a Board Certified Holistic Nutritionist. I work with people of all ages and health issues, but my specialty is digestive health and women's hormone balancing.

My goal is to provide my clients with the knowledge that allows them to understand how to support their bodies more effectively. Gut health is an ever-evolving topic. The research is coming so fast and furiously that it may seem impossible to keep up.

And let's face it – gut health research is changing everything. Many “experts” are jumping the gun and presenting assumptions as facts and making the situation more complicated for all of us. And unfortunately, their focus seems to all be on food – making good-quality whole foods the bad guy. My goal is to help you find the foods that work best for you.

Different cookie-cutter diets are being recommended, but the long-term results show that this doesn't work. We are complicated and taking a more foundational approach allows the client's body to correct itself. It requires patience and customization.