

60 Foods For Gut Health

You can read more about these foods and the gut microbiome in the article right [here](#).

1. Jerusalem artichokes
2. chicory
3. garlic
4. onion
5. leeks
6. artichokes
7. asparagus
8. barley
9. oats
10. flaxseed
11. black beans
12. chickpeas
13. pistachios
14. almonds
15. lentils
16. banana
17. pineapple
18. apples
19. cherries
20. apricots
21. pineapple
22. avocado
23. pears
24. plums
25. blueberries
26. blackberries
27. strawberries
28. raspberries
29. mangoes
30. lemons
31. oranges
32. grapefruit
33. watermelon
34. melon
35. green beans
36. peas
37. cauliflower
38. radishes
39. broccoli
40. kale
41. ginger
42. cabbage
43. Brussels sprouts
44. spinach
45. arugula
46. parsley
47. sweet potatoes
48. parsnip
49. zucchini
50. cucumbers
51. red pepper
52. miso
53. kimchi
54. sauerkraut
55. kefir
56. yogurt
57. olives
58. tea
59. wine
60. seaweed