

Feed Your Microbiome

The Best-Researched Nutrition Guidelines

Evidence-based habits shown to increase microbial diversity and beneficial bacteria.

Eat Plants — A LOT of Them (Diversity matters more than perfection)

Goal: 30 different plant foods per week (not servings but plant foods)

Why:

- * Plant diversity strongly supports a healthier microbiome
- * Improves immune tolerance & reduces inflammation
- * Mediterranean-style eating consistently increases microbiota diversity

Daily habit Goal: Fill ½ your plate with plants at most meals

Examples:

Vegetables • Fruits • Beans • Lentils • Nuts • Seeds • Herbs • Spices • Whole grains

Feed the Bacteria Fibre

Goal: 25–40 g fiber/day

Why:

- * Gut bacteria ferment fibre → produce short-chain fatty acids (SCFAs)
- * SCFAs regulate immunity, metabolism, brain function
- * Low fibre intake linked to metabolic disease

Best sources:

Beans & lentils • Oats & barley • Vegetables • Berries • Nuts & Seeds

Add Fermented Foods Daily

Goal: 1–3 servings/day

Why:

- * Increases microbial diversity
- * Alters gut ecosystem — not just temporary bacteria

Examples:

Yogurt • Kefir • Sauerkraut • Kimchi • Miso • Tempeh

Eat Polyphenols (the fertilizer for good bacteria)

Goal: include at every meal

Why:

- * Promote beneficial bacteria growth
- * Improve gut barrier & reduce inflammation

Best sources

Berries • Olive oil • Dark Chocolate (85%) • Black Tea • Green Tea • Coffee • Herbs
• Colourful vegetables • Pomegranates

Include Resistant Starch & Prebiotics

Goal: 1–2 foods daily

Why:

- * Selectively feeds beneficial microbes
- * Improves metabolic health

Examples

Cooked-cooled potatoes or rice (refrigerate for 4 hours or longer – best if overnight – can be reheated as long as not in water)

Green bananas

Oats (overnight oats soaked)

Legumes

Onions, garlic, leeks

Daily Checklist:

Every day aim for:

- ✓ Plants at every meal
- ✓ Fiber source at each meal
- ✓ 1 fermented food
- ✓ Colourful foods (polyphenols)
- ✓ Minimally processed foods