

## Leaky Gut Shopping List

### Vegetables

All vegetables can be eaten in abundance. Cook your vegetables by steaming, baking, roasting, or lightly frying for easier digestion. Consume raw, crunchy vegetables less frequently, and make sure you chew them very well. Reduce your intake of starchy vegetables like potato and squash - too many carbs can aggravate the GI tract. Here are some of the best vegetables:

- Anise/Fennel root
- Artichoke
- Asparagus
- Aubergine/Eggplant
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Courgette/Zucchini
- Cucumber
- Leafy greens (spinach, kale, arugula, lettuce, chard, etc.)
- Leek
- Mushrooms
- Potato (white and sweet)
- Radish
- Rhubarb

- Squash
- Tomato
- Turnips

### Fruits

All fruits can be eaten in abundance. Make sure to eat a variety of fruits. You may choose to cook some fruits by steaming, baking, or roasting, especially the more crunchy fruits. Here are some of the best fruits:

- Apples
- Apricot
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Figs
- Grapes
- Grapefruit
- Kiwi
- Lemon/Lime
- Mango
- Melon
- Nectarines
- Oranges
- Papaya
- Passionfruit
- Peach

- Pears (all types)
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines

## Proteins/Fats

- Anchovies
- Chia seeds
- Eggs
- Grass fed, organic meats
- Hemp seeds
- Mackerel
- Wild caught fish

## Other Fats

Make sure any oils you use are high quality, unrefined oils.

- Avocado & Avocado oil
- Coconut & Coconut oil
- Olives & Olive oil

## Probiotics

- Apple cider vinegar
- Fermented vegetables
- Kefir
- Kimchi
- Kombucha
- Kvass
- Miso

- Natto
- Sauerkraut
- Tempeh

## Herbs and Spices

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chamomile
- Chives
- Cinnamon
- Coriander/Cilantro
- Cumin
- Garlic
- Ginger
- Lemon balm
- Licorice
- Mustard seeds
- Nutmeg
- Parsley
- Peppermint
- Turmeric

## Supplements

- Bone broth
- Collagen
- Colostrum
- L-Glutamine
- Marshmallow root
- Milk thistle
- VSL3 Probiotic

