

Top 10 Foods for Gut Health

Ten evidence-based foods for a healthy gut, including fermented foods, fiber-rich legumes, and whole grains, with serving tips and cautions.

1 Yogurt with Live Cultures

Live cultures, calcium, protein

Serving: About 3/4 to 1 cup daily
Fermented dairy that delivers live bacteria.

2 Kefir

Live cultures, calcium

Serving: About 1 cup daily
A fermented milk drink with diverse microbes.

3 Sauerkraut and Kimchi

Live cultures, fiber, vitamin C

Serving: A few tablespoons to 1/2 cup daily
Fermented vegetables combining fiber and microbes.

4 Beans and Lentils

Soluble and resistant fiber

Serving: 1/2 cup cooked most days
Fermentable fiber that feeds beneficial bacteria.

5 Oats

Beta-glucan, resistant starch

Serving: 1/2 to 1 cup dry oats daily
Beta-glucan fiber that supports regularity.

6 Whole Grains (Barley, Brown Rice, Whole Wheat)

Cereal fiber, arabinoxylan

Serving: 3 servings daily
Cereal fiber linked to lower chronic disease risk.

7 Garlic, Onions, and Leeks

Inulin, fructo-oligosaccharides

Serving: Use generously in cooking
Rich in inulin-type prebiotic fiber.

8 Bananas (Slightly Green)

Resistant starch, potassium

Serving: 1 medium banana
Resistant starch and pectin for gut bacteria.

9 Apples and Pears (with Skin)

Pectin, polyphenols

Serving: 1 medium fruit daily
Pectin fiber that supports regularity.

10 Nuts and Seeds (Flax, Chia, Almonds)

Fiber, ALA omega-3

Serving: 1 oz nuts or 1-2 tablespoons seeds daily
Fiber and healthy fats for a diverse diet.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/gut-health/