

# FEEDING 100 TRILLION

## Modern Microbiome Diet

### EAT THESE FOODS!



#### Probiotics

beet kvass, kraut, kombucha, kefir, kimchi, pickles, yoghurt (non-dairy)



#### Prebiotics

asparagus, chickory root, jicama, dandelion greens, garlic, coconut (meat, flour)



#### Fruits & Vegetables

green leafy, cruciferous, root vegetables and avocado, apple, blueberries, cherries, lemon, lime



#### Healthy Fats

avocado, flax seed, coconut (oil, butter), olive, sesame, walnut



#### Clean Animal Proteins

beef, buffalo, lamb, turkey, pork and halibut, mackeral, salmon, sardines



#### Herbs & Spices

coriander, cumin, fennel, ginger, oregano, peppermint, salt, tumeric, vanilla

### AVOID THESE FOODS!



#### Common Food Allergens

gluten foods including wheat, barley, rye, oats, other grains, dairy, eggs, some nuts



#### Processed Foods

cereals, convenience foods, canned foods, fried foods, meat products, savory snacks



#### Overly Sugary Foods

bottled smoothies, cakes, candy, canned soup, condiments, fruit juice, ice cream, protein bars



#### Refined Oils & Trans Fats

crisco, cottonseed oil, lard, margarine, palm oil, packaged foods, vegetable oil