GUT CHECK

By Dr. Steven Gundry

Yes and No Foods
The “Yes” List

Cruciferous Vegetables
Arugula
Bok choy
Broccoli
Brussels sprouts
Cabbage, green and red
Cauliflower
Collards
Kale
Kimchi
Kohlrabi
Napa cabbage
Sauerkraut (raw)
Swiss chard
Watercress

Leafy Greens
Algae
Basil
Butter lettuce
Cilantro
Dandelion greens
Endive
Escarole
Fennel
Frisée
Mesclun (baby greens)
Mint
Mizuna
Mustard greens
Parsley
Perilla
Purslane
Red and green leaf lettuces
Romaine lettuce
Sea vegetables
Seaweed and algae
Spinach

Other Postbiotic-Boosting Vegetables
Artichokes
Asparagus
Bamboo shoots
Beets (raw)
Carrot greens
Carrots (raw)
Celery
Chicory
Chives
Daikon radish
Endive
Escarole
Fiddlehead ferns
Frisée
Garlic
Garlic scapes
Ginger
Hearts of palm
Horseradish
Jerusalem artichokes (sunchokes)
Leeks
Lemongrass
Mushrooms
Nopales (cactus) (if you can’t find locally, buy online)
Okra
Onions
Parsnips
Puntarelle
Radicchio
Radishes
Rutabaga
Scallions
Shallots
Water chestnuts
Fruits That Act like Fats
Avocado (up to a whole one per day)
Olives, all types

Oils
MCT oil
Perilla oil (contains lots of ALA and rosmarinic acid, both uncouplers)
Flaxseed oil (high lignan)
Sesame oil, regular and toasted
Rice bran oil
Macadamia oil (omega-7)
Black seed oil
Canola oil (non-GMO, organic only!)
Olive oil, extra-virgin first cold-pressed
Cod liver oil (the lemon and orange flavors have no fish taste)
Coconut oil
Red palm oil
Walnut oil
Avocado oil

Nuts and Seeds (up to 12 cup per day)
Barûkas (or baru) nuts
Pistachios
Basil seeds
Brazil nuts (in limited quantities)
Pine nuts
Walnuts
Sesame seeds
Tahini (sesame paste)
Coconut milk (unsweetened dairy substitute)
Coconut milk/cream (unsweetened full-fat canned)
Coconut meat (but not coconut water)
Pili nuts
Flaxseeds
Hazelnuts
Hemp protein powder
Hemp seeds
Macadamia nuts
Milkadamia creamer (unsweetened and not the milk)

Nut butters (if almond butter, preferably made with blanched almonds, as almond skins contain lectins)
Pecans
Psyllium seeds/powder
Sacha inchi seeds
Chestnuts
Almonds (only blanched or marcona)

Energy Bars (Limit to one per day, please. And please note, manufacturers tend to change ingredients on a regular basis. Please double check the label to make sure these bars/flavors still have all YES foods in them.)
Adapt Bars: coconut, chocolate (adaptyourlife.com)
Gundry MD bars
Perfect Keto Bars: almond butter brownie, salted caramel, and chocolate chip
KetoBars.com: mint chocolate, dark chocolate coconut almond
Keto Krisp: chocolate mint, almond butter, chocolate raspberry, almond butter chocolate chip, and almond butter & blackberry jelly
Kiss My Keto: cookie dough, chocolate coconut, and birthday cake
MariGold Bars: ChocoNut, Pure Joy, espresso, and ginger coconut
Primal Kitchen Bars: almond spice, and coconut lime
Rowdy Bars: keto chocolaty cookie dough
Stoka: vanilla almond, coco almond
Fastbar ™

Flours
Almond (blanched)
Arrowroot
Cassava
Chestnut
Coconut
Coffee fruit
Grape seed
Green banana
Hazelnut
Millet
Sesame (and seeds)
Sorghum flour
Sweet potato
Tiger nut
Processed Resistant Starches
*Can be eaten every day in limited quantities; those with prediabetes or diabetes should consume only once a week on average.*

- Barely Bread bread and bagels (only those without raisins)
- Cappello’s Noodles and Plain Pizza Crust
- California Country Gal bread mixes
- Scotty’s Keto Bread and Pizza Dough mix
- Egg Thins by Crepini
- Tia Lupita grain-free cactus tortillas
- Julian Bakery Paleo Wraps (made with coconut flour), Paleo Thin Bread Almond Bread, Sandwich Bread, Coconut Bread
- Lovebird Cereal (unsweetened only)
- Full Love Foods Keto Hemp and Linseed Bread
- Onana Plantain tortillas
- Positively Plantain tortillas
- Siete brand chips/tortilla (DIP chip varietal is best - has no chia seeds like their others and tortillas (only those made with cassava and coconut flour or almond flour)
- Bread SRSLY’s (ONLY rice-free sourdough rolls)
- Terra Brand Cassava, Taro, and Plantain Chips
- The Real Coconut: Coconut and Cassava Flour Tortillas and Chips
- Thrive Market Organic Coconut Flakes
- Trader Joe’s Jicama Wraps
- Uprising Foods breads and crackers (Uprisingfood.com)

电阻性淀粉（吃适量）
*Note: people with diabetes and prediabetes should initially limit these foods.*

- Baobab fruit
- Cassava (tapioca)
- Celery root (celeriac)
- Glucomannan (konjac root)
- Green bananas
- Green mango
- Green papaya
- Green plantains
- Jicama
- Millet
- Parsnips
- Persimmon
- Rutabaga
- Sorghum
- Sweet potatoes or yams
- Taro root
- Tiger nuts
- Turnips
- Yucca

“Foodles”（可接受的“面条”）

- Big Green millet and sorghum pastas
- Edison Grainery sorghum pasta
- Gundry MD sorghum spaghetti
- Jovial cassava pastas
- Kelp noodles
- Konjac noodles
- Miracle Noodle kanten pasta
- Miracle Rice
- Natural Heaven hearts of palm spaghetti and lasagna noodles
- Palmini hearts of palm noodles
- Shirataki noodles
- Pasta Slim
- Sweet Potato Pasta elbow macaroni
- Trader Joe’s Cauliflower Gnocchi

Wild-Caught Seafood（食用时须谨慎因含有微塑料；每日食用4盎司）

- Wild Alaskan salmon (contains very few microplastics)
- Anchovies
- Calamari/squid
- Canned tuna
- Clams
- Crab
- Cod
- Freshwater bass
- Halibut
- Hawaiian fish, including mahimahi, ono, and opah
- Lobster
- Mussels
- Oysters
- Sardines
- Scallops
- Shrimp (wild only)
- Steelhead
- Trout
- Lake Superior whitefish
Pastured Poultry (4 ounces per day)
- Pasture-raised chicken
- Pastured turkey jerky (low sugar version)
- Duck
- Game birds (pigeon, grouse, dove, quail)
- Goose
- Ostrich
- Pastured or omega-3 eggs (up to 4 daily)
- Heritage or pastured turkey

Meat (100 percent grass-fed and grass-finished, consume no more than 4 ounces a week, see the Gut Check Food Plan chapter to find out why)
- Beef
- Bison
- Boar
- Elk
- Pork (humanely raised, including prosciutto, Ibérico ham, Cinco Jotas ham)
- Traditionally fermented sausages (good news: they contain no Neu5Gc)

Plant-Based Proteins and “Meats”
- Duckweed powder
- Hemp tofu
- Hilary’s root veggie burger (hilaryseatwell.com)
- Pressure-cooked lentils and other legumes (canned, such as Eden or Jovial brand) or dried, soaked, then pressure cooked (use a pressure cooker)
- Quorn products: only meatless pieces, meatless grounds, meatless steak-style strips, meatless fillets, meatless roast (avoid all others as they contain lectins/gluten)
- Textured vegetable protein (TVP)
- Hemp protein powder
- Flaxseed protein powder
- Protein isolates of and/or hydrolyzed pea, soy, or other similar bean powders (Note: Not the same as regular Pea Protein, Soy Protein; lentil protein, chickpea protein: buyer beware!)
- Gundry MD ProPlant protein shakes
- JUST plant-based egg
- Perfect Day vegan whey and casein

Polyphenol-Rich Fruits
Limit to one small serving on weekends and only when that fruit is in season, or unlimited with “reverse juicing” (throw away the juice and consume only the pulp).
- Best options are pomegranate and passionfruit seeds, followed by raspberries, blackberries, strawberries, then blueberries, grapefruit, pixie tangerines, and kiwi (eat the skin for more polyphenols).
- Blackberries
- Raspberries
- Passion fruit
- Pomegranates
- Cranberries (fresh)
- All citrus (no juices)
- Blueberries
- Strawberries
- Kiwis
- Cherries
- Apricots
- Crispy pears (Anjou, Bosc, Comice)
- Guava
- Nectarines
- Papaya
- Peaches
- Persimmon
- Plums
- Starfruit
- Apples

Dairy Products and Replacements
- Aged cheeses from Switzerland
- Aged ‘raw’ French/Italian cheeses
- Goat milk cheeses: feta, brie, mozzarella, cheddar
- Sheep milk cheeses: pecorino Romano, pecorino sardo, feta, manchego
- Goat milk cream flakes: Mt. Capra
- Goat and sheep kefir (plain)
- Goat yogurt (plain)
- Sheep yogurt (plain)
- Coconut yogurt (plain)
- Lavva plant-based yogurt
- Kite Hill ricotta cheese
- Parmigiano-Reggiano cheese
- Buffalo mozzarella: buffalo mozzarella (Italy), Buf (Uruguay)
- French/Italian butter (limit)
Goat ghee (limit)
Ghee (grass-fed) (limit)
Organic heavy cream
Organic sour cream

**Herbs, Seasonings, and Condiments**
All herbs and spices except red pepper flakes
Nutritional yeast
Sea salt (iodized)
Miso paste
Mustard
MCT mayonnaise
Avocado mayonnaise
Coconut aminos
Fish sauce
R’s KOSO, other KOSOs (look for low sugar version)
Pure vanilla extract
Tahini/sesame paste
Vinegars (apple cider vinegars, Bliss vinegars, Sideyard Shrub vinegars, others)
Wasabi

**Sweeteners**
Allulose (look for non-GMO, my favorite alternative sweetener)
Erythritol (Swerve is my favorite, as it also contains oligosaccharides)
Inulin (Just Like Sugar is a great brand)
Local honey and/or manuka honey (very limited!)
Monk fruit, also known as luo han guo (see above)
Stevia (SweetLeaf is my favorite; also contains inulin)
Xylitol
Yacón (Super Yacon Syrup is available at Walmart; Sunfood Sweet Yacon Syrup is available on Amazon)

**Chocolate and Frozen Desserts**
*(Check the labels closely friends to make sure these below are still compliant; companies change ingredients all the time.)*
Coconut milk dairy-free frozen desserts (the So Delicious blue label, which contains only 1 gram of sugar; but be careful: may contain pea protein)
Dark chocolate, unsweetened, 72% cacao or greater (1 ounce per day)
Enlightened ice cream
Keto Ice Cream: chocolate, mint chip, and sea salt caramel
Killer Creamery ice cream: Chilla in Vanilla, Caramels Back, and No Judge Mint
Mammoth Creameries: vanilla bean
Non-alkalized cocoa powder
Nick’s vegan ice cream
Perfect Day Vegan Whey and Casein
Rebel Creamery ice cream: butter pecan, raspberry, salted caramel, strawberry, and vanilla
Simple Truth ice cream: butter pecan and chocolate chip ice cream

**Beverages**
Champagne (6 ounces per day)
Coffee
Dark spirits (1 ounce per day)
Hydrogen water
KeVita brand low-sugar kombucha (coconut, coconut Mojito, for example), other low-sugar kombuchas
San Pellegrino or Panna water
Red wine (6 ounces per day)
Tea (all types)
The “No” List

Energy-draining foods to avoid

**Refined, Starchy Foods**
- Bread
- Cereal
- Cookies
- Crackers
- Pasta
- Pastries
- Potato chips
- Potatoes
- Rice
- Tortillas
- Wheat flour

**Grains, Sprouted Grains, Pseudo-Grains, and Grasses**
- Barley (cannot pressure cook)
- Barley grass
- Brown rice
- Buckwheat
- Bulgur
- Corn
- Corn products
- Corn syrup
- Einkorn
- Kamut
- Kasha
- Oats (cannot pressure cook)
- Popcorn
- Quinoa
- Rye (cannot pressure cook)
- Spelt
- Wheat (pressure cooking does not remove lectins from any form of wheat)
- Wheatgrass
- White rice (except pressure cooked white basmati rice from India, which is high resistant starch; American white basmati is not)
- Wild rice

**Sugar and Sweeteners**
- Agave
- Coconut sugar
- Diet drinks
- Granulated sugar (even organic cane sugar)
- Maltodextrin
- NutraSweet (aspartame)
- Splenda
- Sweet One and Sunett (acesulfame-K)
- Sweet’N Low (saccharin)

**Vegetables**
*Most of these can be made safe foods with pressure cooking; marked with an (*).*
- All beans* (including sprouts)
- Chickpeas* (including as hummus)
- Edamame*
- Green/string beans*
- Legumes*
- All lentils*
- Pea protein (unless pea protein isolate or hydrolysate)
- Peas*
- Soy*
- Soy protein (unless soy protein isolate or hydrolysate)
- Sugar snap peas
- Tofu*
**Nuts and Seeds**
- Almonds with peels
- Cashews
- Chia seeds
- Peanuts
- Pumpkin seeds
- Sunflower seeds

**Fruits (some called vegetables)**
- Bell peppers
- Chili peppers
- Cucumbers
- Eggplant
- Goji berries
- Melons (any kind)
- Pumpkins
- Squash (any kind)
- Tomatillos
- Tomatoes
- Zucchini

**Milk Products That Contain A1**
- Butter (even grass-fed), unless from A2 cows, sheep, or goats
- Cottage cheese
- Frozen yogurt
- Most ice creams
- Kefir from American cows
- Cow's milk
- Cow’s milk cheese from American cows
- Ricotta
- Yogurt (including Greek yogurt)

**Oils**
- All “partially hydrogenated” oils
- Corn
- Cottonseed
- Grapeseed
- Peanut
- Safflower
- Soy
- Sunflower
- “Vegetable”

**Herbs and Seasonings**
- Ketchup
- Mayonnaise (unless MCT or avocado)
- Red chili flakes
- Soy sauce
- Steak sauce
- Worcestershire sauce (unless gluten-free)