



# GUT CHECK

By Dr. Steven Gundry

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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 (sunchoke)  
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 1/2 cup per day)

Barùkas (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™  
Human Food Bar: Chocolate Brownie, Chocolate Almond Coconut, Lemon Bar, and Blueberry Muffin

### 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)

### Resistant Starches (eat in moderation)

*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" (acceptable "noodles")

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 (Use with caution owing to its microplastics content; consume 4 ounces per day)

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 (pheasant, 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](http://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  
Shrubs 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 luohanguo (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

### **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)