

# The Gut Garden: Nurturing Your Microbiome for Optimal Health

## Plant Food Tracker



# How to have a rockin' gut microbiome

## WHAT IS THE GUT MICROBIOME

"A microbiome is the community of micro-organisms living together in a particular habitat". We often hear about the gut microbiome (it's a hot topic!), however, as humans, we also have a microbiome on our skin, mouth, lungs and vaginal to name a few. And not only do humans have microbiomes, but the soil and even the ocean also have their own microbiome.

## WHAT DOES THE MICROBIOME DO?

- Involved in immune function
- Digestion and bowel motions
- Digests vitamins and minerals from our food
- Regulating inflammation and weight
- Production of serotonin

## WHAT DO YOU FEED YOUR MICROBIOME?

Just like you and I, our microbiome needs to be fed, and what foods are best? Plant foods! Our microbiome loves diversity. To build microbe diversity you need diversity in the diet. 40+ plant foods each week is what you are aiming for. I know that sounds a lot. It actually doesn't have to be a lot of each food, it can be 2-4 tps of each food. Think of a simple stirfry for example – maybe there is carrot, snow peas, capsicum, bean sprouts, onion, broccolini – you've knocked off six already! Start adding in fresh herbs and spices and you'll nail it.

Red capsicum = 1 plant food but add a yellow & green = 3 plant foods  
Sweet potato and white potato = 2 plant foods.

Whole plant foods are the key i.e. pea/rice protein powder doesn't count as plant food.

## FOODS YOUR MICROBES LOVE

- Polyphenols – berries, red apples, black grapes, plums, ground linseed, black tahini, pecans, hazelnuts, purple potato, red cabbage, spinach, red onions, broccoli, carrots (all colours), red/black rice, coloured quinoa, black olives, olive oil
- Resistant Starch – buckwheat, seeds, unripe (green) banana. Cooked & cooled foods such as potato, legumes, beans, lentils
- Pectins – peach, apple, apricot, orange
- Mucilage & Gums – slippery elm and acacia gum
- Galactooligosaccharides – legumes, pumpkin/sunflower seeds, LSA, broccoli, cauliflower, kale, Brussel sprouts, turnips, mustard greens, cabbage
- Fructooligosaccharides – chicory, Jerusalem artichoke, garlic, onion, leek asparagus
- Soluble & Insoluble Fibres – psyllium husk, linseed, legumes, lentils, oats

# Plant Food Tracker

Start date :

End Date :


## OBJECTIVE

To start building a thriving and healthy gut microbiome by eating 40+ plant foods in one week. These foods are plant foods & foods high in fibre to provide fuel for the gut microbes.

## HOW TO USE THE TRACKER

Write each plant food that you eat only documenting the food once ie if you eat red capsicum in one meal on Monday then you don't document red capsicum again for the rest of the week. 2tsp+ equals one plant food, aim to eat as many colours and different foods as you can. Add seeds to salads, buy different coloured foods, and have some fun! Eat Rainbows! Count how many boxes you filled at the end of the week!

<b>VEGES</b>					
<b>FRUIT</b>					
<b>LEGUMES</b>					
<b>NUTS/SEEDS</b>					
<b>HERBS/ SPICES</b>					



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