

# 2025 Best Gut Health Foods Grocery List

## **Fermented Foods**

- Yogurt with live cultures
- Kefir
- Kimchi
- Sauerkraut
- Tempeh
- Miso

## **Prebiotic-Rich Foods**

- Chicory root
- Garlic
- Onions
- Leeks
- Asparagus
- Green bananas
- Jerusalem artichokes
- Yacon root
- Baobab fruit

## **High-Fiber Foods**

- Quinoa (new hybrid varieties)
- Chia seeds
- Flaxseeds
- Lentils
- Black beans
- Raspberries

## **Polyphenol-Rich Foods**

- Dark cocoa
- Matcha green tea
- Extra-virgin olive oil
- Blueberries
- Walnuts

## **Low-FODMAP Foods**

- Carrots
- Cucumbers
- Spinach
- Potatoes
- Kiwi
- Pineapple
- Oats