

# Leaky Gut Diet: Foods To Eat & Avoid List

## Brassica (best veggies for Leaky Gut)

- Arugula
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard Greens
- Horseradish
- Kale (be sure to cook or steam)
- Kohlrabi
- Mustard greens
- Radishes
- Rutabaga
- Turnips
- Watercress

## Other Vegetables

- Artichoke
- Asparagus
- Beet greens
- Celery
- Chard
- Cucumber
- Dandelion greens
- Eggplant
- Fennel
- Lettuce
- Okra
- Peppers
- Spinach
- Sprouts such as lentils, alfalfa, broccoli, radish, or sunflower
- Tomatoes
- Zucchini

## Allium Vegetables

- Garlic
- Green onions
- Leeks
- Onions
- Scallions
- Shallots

## Plant Sources of Protein

- Beans
- Chia seeds
- Hemp seeds
- Lentils
- Peas (green or yellow)
- Quinoa
- Sprouts
- Tempeh
- Tofu

## Fruits

- Avocado
- Bilberry
- Blackberry
- Blueberry
- Boysenberry
- Cranberry
- Currant
- Goji berry
- Grapefruit
- Green apple
- Kiwi
- Kumquat
- Lemon
- Lime
- Mulberry
- Pomegranate
- Raspberry
- Strawberry

## Animal Protein

- Anchovies
- Beef
- Bone broth
- Cheese (Goat's Mozzarella, Feta, & Gouda are best)
- Duck
- Eggs (chicken or duck)
- Fatty fish like mackerel
- Fish roe
- Game meat (rabbit, venison, quail)
- Goat
- Lamb
- Liver
- Organic chicken
- Pheasant
- Pork
- Sardines
- Turkey
- Venison
- Wild salmon

## Nuts and seeds

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Coconuts
- Flaxseeds
- Hazelnuts
- Nutmeats
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

## Cultured & Fermented Foods

- Miso
- Plain unsweetened goat yoghurt
- Sauerkraut
- Sour Greek yoghurt
- Tempeh
- Unsweetened coconut yoghurt

## Oils & Fats

- Coconut oil
- Extra virgin olive oil
- Flaxseed Oil
- Ghee
- Pumpkin Seed Oil
- Rice Bran Oil
- Sesame Seed Oil (toasted or not)
- Sunflower Oil
- Walnut Oil

## Grains, Pasta & Noodles

- Brown rice, black rice, red rice, etc
- Buckwheat
- Millet
- Rice noodle
- Rice vermicelli
- Soba
- Sourdough
- Udon
- Whole oat flakes
- Wild rice
- Yeast free, gluten free, sugar free breads & bread products

## Dairy Alternatives

- Almond milk
- Flax milk
- Hemp milk
- Oat milk
- Other unsweetened nut/seed milks
- Rice milk
- Unsweetened coconut milk

## Fresh Herbs & Spices

- Anise
- Basil
- Bay leaf
- Cacao
- Cayenne
- Chives
- Cilantro/Coriander
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dill
- Garlic
- Ginger
- Ground black pepper
- Marjoram
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Red chili flakes
- Rosemary
- Sage
- Sea salt
- Stevia
- Tarragon
- Thyme
- Turmeric
- Vanilla

## Seaweeds

- Arami
- Dulse
- Hijiki
- Kelp
- Kombu
- Nori
- Wakame

## Snacks & Other

- Apple Cider Vinegar
- Buckwheat or millet cookies
- Japanese rice crackers
- Muesli
- Seaweed crackers
- Hummus & nut butters

## Foods to try with as gut improves

- Bananas
- Carrots
- Other fruits (banana & pineapple are some of the best for feeding good bacteria)
- Pineapples
- Potato & sweet potato (try different methods of cooking)
- Sourdough & other grain products listed on this page
- Squash

**Disclaimer:** This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.