

10 nourishing foods for gut health

There are hundreds (if not thousands) of foods that can benefit the good bacteria in your gut. But we're trying to keep it short and savoury, so we asked our team of researchers what foods are recommended the most to people who took our [microbiome test](#).

30g of fibre per day is what you should be going for. And just so you know what this might look like for you, a large apple contains about 5 grams of fibre, whilst 2 medium carrots would give you 6 grams. Make sure to eat the skin!

- ✓ Apples
- ✓ Asparagus
- ✓ Chicory root
- ✓ Green banana
- ✓ Flaxseed (linseed)
- ✓ Oats & oat bran
- ✓ Jerusalem artichoke
- ✓ Leeks
- ✓ Rye
- ✓ Onion

Aim for diversity in your diet by adding lots different, colourful plant foods to your diet each week instead of repeating the same ones all the time. And in case you're tempted to take a shortcut, you can't just take a supplement, especially now that you know bacteria needs lots of different fibres. That would be cheating, so keep it real!

