VIOME

Dear Richard Sprague,

The optimal way to experience Viome is through our state-of-the-art, AI-driven app and our web interface. We are an exclusively online service, and our goal is to provide the benefit of ongoing results and recommendations, rather than information from one specific point in time.

However, based on customer feedback, we've decided to offer a PDF version of your results and recommendations. We hope that this will enable you to share these valuable insights with your physician or loved ones.

Viome recommendations are not evaluated or approved by FDA and are not required to be approved by FDA. The recommended supplements are intended to support general well-being and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease. If conditions persist, please seek advice from your medical doctor.

Wellness Overview

Your microbiome is not in balance.

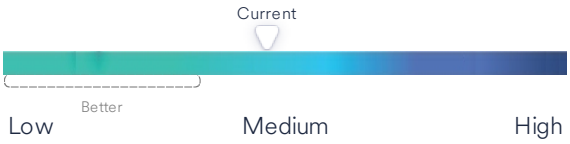
- You have relatively low beneficial microbial activity.
- You have relatively low unhealthy microbial activity.
- You have an average variety of microbial activities.
- Microbial butyrate pathway analysis indicates: butyrate production is high and potential to produce is low.

Metabolic Fitness

This score reflects your microbiome's ability to influence weight and blood sugar regulation. Aim for a high score.

Inflammatory Activity

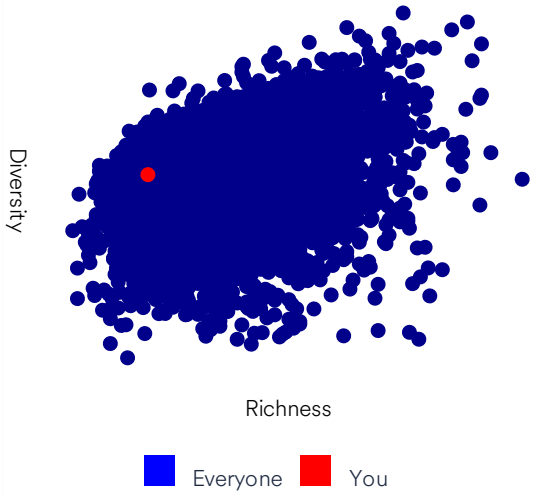
A high score indicates potential for higher amounts of inflammation, which is associated with many chronic diseases.



Diversity Metric

01

Compared to Everyone



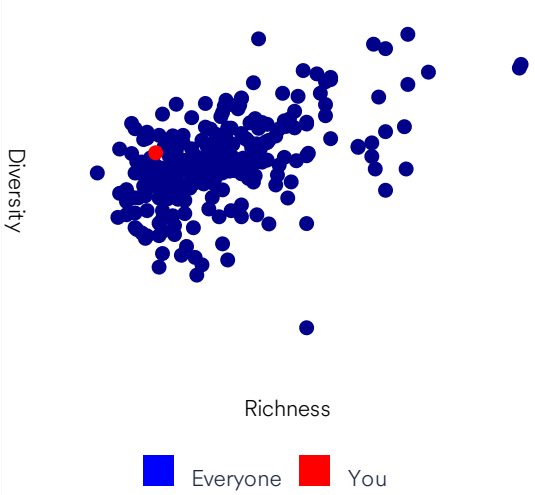
What does this mean? Richness is the total number of species of bacteria in your gut microbiome.

Diversity is the amount of individual bacteria from each of the bacterial species present in your gut microbiome.

This graph shows how you compare to the Everyone population in both the richness and diversity of your microbiome. A healthy microbiome is associated with a higher amount of both richness and diversity, and tends to be associated with overall wellness.

02

Compared to Healthy



What does this mean? Richness is the total number of species of bacteria in your gut microbiome.

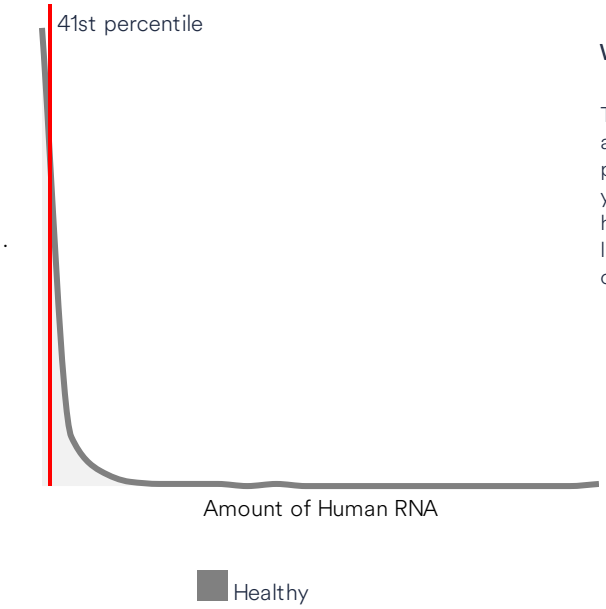
Diversity is the amount of individual bacteria from each of the bacterial species present in your gut microbiome.

This graph shows how you compare to the Healthy population in both the richness and diversity of your microbiome. A healthy microbiome is associated with a higher amount of both richness and diversity, and tends to be associated with overall wellness.

My RNA

01

Compared to Healthy

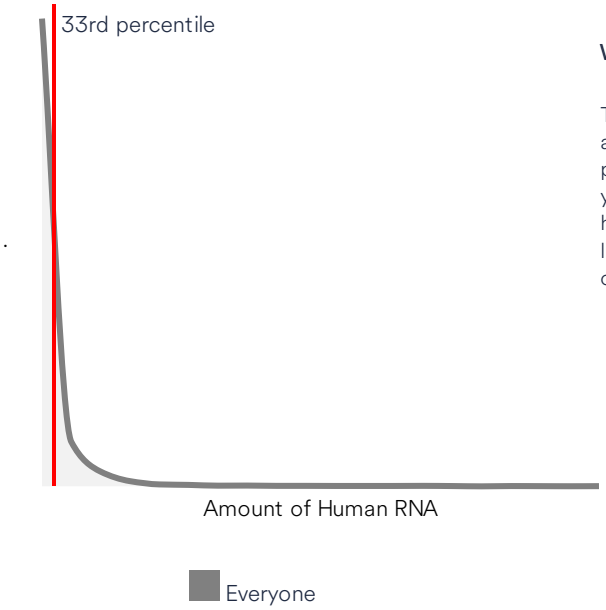


What does this mean?

The x-axis shows the proportion of human RNA in your samples, and the y-axis shows the number of people in the selected population with that proportion of human RNA. The red line shows the amount of human RNA in your sample. Typically, small amounts of human RNA are detected in healthy individuals. When an infection or inflammation occurs, the cells lining the gut are shed in higher amounts and can lead to a greater amount of human RNA in your stool.

02

Compared to Everyone



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The x-axis shows the proportion of human RNA in your samples, and the y-axis shows the number of people in the selected population with that proportion of human RNA. The red line shows the amount of human RNA in your sample. Typically, small amounts of human RNA are detected in healthy individuals. When an infection or inflammation occurs, the cells lining the gut are shed in higher amounts and can lead to a greater amount of human RNA in your stool.

My Gut

Strain - Archaea

Name	Activity	Everyone	Healthy
Methanobrevibacter smithii TS94C	6.59%	8.79%	6.74%
Candidatus Methanomassiliicoccus intestinalis Issoire-Mx1	0.16%	0.20%	0.37%

Species - Archaea

Name	Activity	Everyone	Healthy
Methanobrevibacter smithii	6.77%	11.04%	9.14%
Candidatus Methanomassiliicoccus intestinalis	0.16%	0.29%	0.46%

Genus - Archaea

Name	Activity	Everyone	Healthy
Methanobrevibacter	6.90%	7.86%	5.48%
Methanomassiliicoccus	0.16%	0.18%	0.25%

Phylum - Archaea

Name	Activity	Everyone	Healthy
Euryarchaeota	1.20%	21.32%	24.44%

Strain - Bacteria

Name	Activity	Everyone	Healthy
[Eubacterium] rectale strain T1-815	21.75%	5.20%	5.17%
[Eubacterium] hallii DSM 3353	19.63%	7.34%	8.44%
Parabacteroides distasonis str. 3999B T(B) 6	8.98%	6.98%	5.72%
Butyricimonas synergistica DSM 23225	7.95%	4.41%	3.43%
Acinetobacter baumannii 855125	4.28%	7.26%	5.82%
Parabacteroides merdae ATCC 43184	3.59%	13.78%	13.06%
Blautia obeum ATCC 29174	3.52%	6.25%	7.78%
Enterococcus faecium isolate Hp_74-d6	3.42%	2.94%	3.55%
[Eubacterium] eligens strain 2789STDY5834875	3.06%	4.31%	4.68%
Blautia massiliensis sp. GD8	1.62%	0.67%	0.67%
Synergistes sp. 3_1_syn1	1.38%	0.55%	0.48%
Bilophila wadsworthia ATCC 49260	1.20%	3.15%	2.61%
Ruminococcus bicirculans	0.98%	0.15%	0.15%
Eggerthella lenta 1_1_60AFAA	0.92%	1.84%	1.31%

Name	Activity	Everyone	Healthy
Clostridium sp. ATCC BAA-442	0.92%	0.15%	0.36%
Clostridium baratii strain 2789STDY5834907	0.90%	0.79%	0.76%
Faecalibacterium prausnitzii A2-165	0.90%	2.24%	2.45%
Acinetobacter baumannii 24975_5	0.89%	15.88%	13.59%
Clostridiales bacterium KLE1615	0.78%	0.50%	0.55%
Jonquetella anthropi E3_33 E1	0.74%	0.37%	0.17%
Anaerotruncus colihominis DSM 17241	0.61%	0.85%	0.74%
Oscillibacter sp. ER4	0.59%	0.28%	0.26%
Enorma massiliensis phl	0.49%	0.17%	0.16%
Leuconostoc mesenteroides subsp. cremoris TIFN8	0.44%	0.71%	0.66%
Barnesiella intestinihominis YIT 11860	0.39%	0.14%	0.14%
Veillonella dispar ATCC 17748	0.34%	1.60%	0.98%
Faecalibacterium prausnitzii M21/2	0.23%	0.40%	0.45%
Eubacterium ramulus strain 2789STDY5608891	0.20%	1.26%	1.48%
Alistipes indistinctus YIT 12060	0.18%	0.11%	0.10%
Butyricimonas virosa DSM 23226	0.18%	0.10%	0.10%
Clostridium phoceensis strain GD3	0.16%	0.26%	0.22%
Turicibacter sanguinis strain 2789STDY5608865	0.15%	0.19%	0.09%
Alistipes obesi	0.13%	0.08%	0.08%
Bacteroides massiliensis B84634 = Timone 84634 = DSM 17679 = JCM 13223	0.13%	0.13%	0.11%
Alistipes ihumii AP11	0.11%	0.18%	0.18%
Odoribacter laneus YIT 12061	0.11%	0.11%	0.11%
Intestinimonas massiliensis sp. GD2	0.10%	0.08%	0.09%
Lachnospiraceae bacterium TF01-11	0.09%	0.25%	0.20%
Sutterellaceae bacterium ND3	0.09%	0.12%	0.09%
Faecalibacterium prausnitzii strain 2789STDY5834930	0.09%	0.10%	0.08%
Coprococcus eutactus strain 2789STDY5608888	0.08%	0.13%	0.17%
Adlercreutzia equolifaciens DSM 19450	0.08%	0.08%	0.07%
Intestinimonas butyriciproducens strain 27-5-10	0.08%	0.08%	0.04%
Culturomica massiliensis strain Marseille-P2698	0.07%	0.10%	0.16%
Alistipes shahii WAL 8301	0.07%	0.08%	0.08%
Bacteroides cellulosilyticus DSM 14838	0.07%	0.09%	0.07%

Name	Activity	Everyone	Healthy
Odoribacter splanchnicus DSM 20712	0.07%	0.07%	0.07%
Mageeibacillus indolicus UPII9-5	0.06%	0.05%	
Gordonibacter pamelaeae 7-10-1-b	0.06%	0.05%	0.05%
Parabacteroides sp. SN4 strain SN4, sp. SB4	0.05%	0.08%	0.09%
Bacteroides plebeius DSM 17135	0.05%	0.10%	0.09%
Emergencia timonensis strain SN18	0.05%	0.05%	0.04%
Variovorax paradoxus 110B	0.05%	0.04%	0.04%
Alistipes finegoldii DSM 17242	0.05%	0.07%	0.07%
Anaerostipes hadrus strain 2789STDY5608830	0.04%	0.06%	0.06%

Species - Bacteria

Name	Activity	Everyone	Healthy
[Eubacterium] rectale	22.33%	3.36%	3.32%
[Eubacterium] hallii	20.15%	4.92%	6.19%
Parabacteroides distasonis	9.22%	1.64%	2.02%
Butyricimonas synergistica	8.16%	7.70%	5.95%
Parabacteroides merdae	3.69%	5.84%	6.02%
Blautia obeum	3.62%	4.49%	6.66%
Acinetobacter baumannii	3.51%	19.49%	16.21%
Enterococcus faecium	3.51%	2.05%	2.35%
[Eubacterium] eligens	3.14%	4.36%	4.74%
Blautia massiliensis	1.66%	1.20%	1.25%
Synergistes sp. 3_1_syn1	1.42%	0.86%	0.76%
Bilophila wadsworthia	1.23%	4.60%	4.02%
Ruminococcus bicirculans	1.01%	0.25%	0.23%
Eggerthella lenta	0.95%	2.81%	2.18%
Clostridium sp. ATCC BAA-442	0.95%	0.23%	0.48%
Clostridium baratii	0.92%	1.37%	1.30%
Clostridiales bacterium KLE1615	0.80%	0.84%	0.94%
Jonquetella anthropi	0.75%	0.72%	0.34%
Anaerotruncus colihominis	0.63%	1.25%	1.09%
Oscillibacter sp. ER4	0.61%	0.46%	0.43%
Enorma massiliensis	0.50%	0.30%	0.36%
Leuconostoc mesenteroides	0.45%	1.16%	1.19%
Faecalibacterium prausnitzii	0.43%	1.69%	1.68%
Barnesiella intestinihominis	0.40%	0.24%	0.23%
Veillonella dispar	0.35%	2.57%	1.75%

Name	Activity	Everyone	Healthy
Eubacterium ramulus	0.20%	1.99%	2.48%
Alistipes indistinctus	0.19%	0.19%	0.17%
Butyricimonas virosa	0.18%	0.17%	0.17%
Clostridium phoceensis	0.16%	0.43%	0.36%
Turicibacter sanguinis	0.15%	4.78%	4.47%
Alistipes obesi	0.14%	0.13%	0.12%
Bacteroides massiliensis	0.13%	0.22%	0.20%
Alistipes ihumii	0.11%	0.30%	0.32%
Odoribacter laneus	0.11%	0.17%	0.19%
Intestinimonas massiliensis	0.11%	0.13%	0.14%
Lachnospiraceae bacterium TF01-11	0.10%	0.44%	0.34%
Sutterellaceae bacterium ND3	0.09%	0.20%	0.15%
Coprococcus eutactus	0.09%	1.27%	2.25%
Adlercreutzia equolifaciens	0.08%	0.14%	0.13%
Culturomica massiliensis	0.07%	0.15%	0.22%
Alistipes shahii	0.07%	0.13%	0.13%
Bacteroides cellulosilyticus	0.07%	0.15%	0.13%
Odoribacter splanchnicus	0.07%	0.12%	0.12%
Mageeibacillus indolicus	0.06%	0.07%	
Intestinimonas butyriciproducens	0.06%	0.13%	0.10%
Gordonibacter pamelaeae	0.06%	0.10%	0.09%
Parabacteroides sp. SN4	0.05%	0.15%	0.16%
Bacteroides plebeius	0.05%	0.18%	0.15%
Emergencia timonensis	0.05%	0.08%	0.08%
Variovorax paradoxus	0.05%	0.07%	0.06%
Alistipes finegoldii	0.05%	0.13%	0.12%
Anaerostipes hadrus	0.05%	0.13%	0.13%

Genus - Bacteria

Name	Activity	Everyone	Healthy
Parasutterella	19.36%	3.07%	2.95%
Serratia	11.79%	12.23%	12.48%
Romboutsia	9.86%	4.00%	3.93%
Eubacterium	8.41%	2.54%	3.59%
Akkermansia	8.31%	6.52%	6.25%
Lactococcus	5.23%	16.08%	15.89%
Turicibacter	3.65%	7.24%	7.73%
Acinetobacter	3.58%	15.18%	12.54%
Enterococcus	3.58%	1.43%	1.80%

Name	Activity	Everyone	Healthy
Blautia	2.37%	1.37%	2.15%
Escherichia	2.31%	11.19%	9.51%
Bifidobacterium	2.18%	8.33%	5.98%
Synergistes	1.32%	0.84%	0.52%
Bilophila	1.25%	2.53%	2.30%
Ruminococcus	1.03%	0.24%	0.23%
Eggerthella	0.97%	1.68%	1.35%
Parabacteroides	0.93%	1.87%	2.04%
Jonquetella	0.77%	3.42%	0.13%
Butyricimonas	0.75%	0.20%	0.25%
Anaerotruncus	0.64%	0.74%	0.70%
Oscillibacter	0.62%	0.36%	0.35%
Enorma	0.51%	0.24%	0.30%
Leuconostoc	0.46%	0.97%	1.05%
Faecalibacterium	0.44%	1.33%	1.32%
Barnesiella	0.41%	0.18%	0.18%
Veillonella	0.36%	1.81%	1.14%
Morococcus	0.30%	1.42%	1.51%
Tannerella	0.27%	0.75%	0.69%
Clostridium	0.24%	0.67%	0.80%
Alistipes	0.13%	0.13%	0.13%
Bacteroides	0.11%	0.27%	0.23%
Odoribacter	0.11%	0.09%	0.09%
Intestinimonas	0.09%	0.10%	0.09%
Coprococcus	0.09%	0.49%	0.94%
Adlercreutzia	0.08%	0.10%	0.10%
Culturomica	0.08%	0.09%	0.12%
Mageeibacillus	0.06%	0.05%	
Gordonibacter	0.06%	0.07%	0.07%
Emergencia	0.05%	0.06%	0.06%
Variovorax	0.05%	0.05%	0.05%
Anaerostipes	0.05%	0.37%	0.36%

Phylum - Bacteria

Name	Activity	Everyone	Healthy
Verrucomicrobia	53.15%	45.74%	43.61%
Proteobacteria	25.58%	34.35%	35.30%
Firmicutes	8.88%	9.68%	10.85%
Synergistetes	8.12%	4.61%	3.18%

Name	Activity	Everyone	Healthy
Actinobacteria	1.63%	10.14%	7.53%
Bacteroidetes	0.81%	3.97%	3.67%

Strain - Viruses

Name	Activity	Everyone	Healthy
Beet cryptic virus 1	0.05%	0.07%	0.04%
Tropical soda apple mosaic virus isolate Okeechobee	0.04%	0.36%	0.10%

Species - Viruses

Name	Activity	Everyone	Healthy
Beet cryptic virus 1	0.05%	0.11%	0.09%
Tropical soda apple mosaic virus	0.04%	0.60%	0.21%

Genus - Viruses

Name	Activity	Everyone	Healthy
Alphapartitivirus	0.06%	0.09%	0.05%
Tobamovirus	0.04%	0.90%	0.26%

Phylum - Viruses

Name	Activity	Everyone	Healthy
dsRNA viruses	0.36%	3.00%	3.92%
ssRNA viruses	0.26%	4.05%	3.87%

Good Guys

Archaea - Species

Name	Activity	Everyone	Healthy
Methanobrevibacter smithii	6.77%	11.04%	9.14%

Bacteria - Species

Name	Activity	Everyone	Healthy
Faecalibacterium prausnitzii	0.43%	1.69%	1.68%

Rare Bacteria

Bacteria - Species

Name	Activity	Everyone	Healthy
[Eubacterium] rectale	22.33%	3.36%	3.32%
[Eubacterium] hallii	20.15%	4.92%	6.19%

Name	Activity	Everyone	Healthy
Parabacteroides distasonis	9.22%	1.64%	2.02%
Butyricimonas synergistica	8.16%	7.70%	5.95%
Parabacteroides merdae	3.69%	5.84%	6.02%
Blautia obeum	3.62%	4.49%	6.66%
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Synergistes sp. 3_1_syn1	1.42%	0.86%	0.76%
Bilophila wadsworthia	1.23%	4.60%	4.02%
Ruminococcus bicirculans	1.01%	0.25%	0.23%
Eggerthella lenta	0.95%	2.81%	2.18%
Clostridium sp. ATCC BAA-442	0.95%	0.23%	0.48%
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Faecalibacterium prausnitzii	0.43%	1.69%	1.68%
Barnesiella intestinihominis	0.40%	0.24%	0.23%
Veillonella dispar	0.35%	2.57%	1.75%
Eubacterium ramulus	0.20%	1.99%	2.48%
Alistipes indistinctus	0.19%	0.19%	0.17%
Butyricimonas virosa	0.18%	0.17%	0.17%
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Culturomica massiliensis	0.07%	0.15%	0.22%

Name	Activity	Everyone	Healthy
Alistipes shahii	0.07%	0.13%	0.13%
Bacteroides cellulosilyticus	0.07%	0.15%	0.13%
Odoribacter splanchnicus	0.07%	0.12%	0.12%
Mageeibacillus indolicus	0.06%	0.07%	
Intestinimonas butyriciproducens	0.06%	0.13%	0.10%
Gordonibacter pamelaeae	0.06%	0.10%	0.09%
Parabacteroides sp. SN4	0.05%	0.15%	0.16%
Bacteroides plebeius	0.05%	0.18%	0.15%
Emergencia timonensis	0.05%	0.08%	0.08%
Variovorax paradoxus	0.05%	0.07%	0.06%
Alistipes finegoldii	0.05%	0.13%	0.12%
Anaerostipes hadrus	0.05%	0.13%	0.13%

Probiotics

Bacteria - Species

Name	Activity	Everyone	Healthy
Enterococcus faecium	3.51%	2.05%	2.35%
Leuconostoc mesenteroides	0.45%	1.16%	1.19%

Recommendations

It's here! Your personalized Viome recommendations.

Your recommendations

Your personalized recommendations are based on the activity of microbes in your gut and the information you've provided. Your recommendations are aimed at balancing your overall microbiome. Let's put it this way: Your food list highlights foods that will be transformed by your microbes into beneficial substances while limiting foods that will be transformed into harmful metabolites.
Remember, you and your microbiome are unique, and no single recommendation applies to everyone. The same foods can be beneficial for one person, neutral for another, and harmful for others. Ready to dig in?

Your foods

Your food recommendations have been classified into 5 rankings to help you achieve optimum health and well-being. These are:

1. **Superfoods.** Meet your food destiny. These are your top 5 foods.
2. **Indulge.** After superfoods, these are the next most important foods to add to your diet.
3. **Enjoy.** Build a strong foundation with these foods.
4. **Minimize.** You can still eat these (but within limits).
5. **Avoid.** Nothing beats a helpful reminder. These foods are universally known to damage the gut microbiome.

Your recommended servings

We all struggle to figure out serving sizes on food labels because they only act as measurement tools. They are not personalized for you.
With your food list, you get personalized servings to inform you on how much you should eat from each food category in a given day. And under each food, you'll find Viome's serving size, so you know the exact amount of that food to eat.
Tip: If you are very active in a day, you can increase your servings from each food category proportionally for that day.
Once you master your total servings per day, you can aim to achieve diversity by eating your recommended servings for each food rank.

Before you get started

Your success means a lot to us. Read our tips below before you begin.

What About Allergies?

You may notice some foods that you are allergic or sensitive to in your recommended food lists. Err on the side of caution. If you know you have a reaction or dislike to a recommended food, please do not consume it.

Foods are specifically chosen based on your unique microbiome rather than on allergies.

When is it best to eat?

Aim to eat 3 meals a day, and you may also need to snack in between meals.

Avoid eating 1 hour before you go to bed.

Go for variety

Explore foods that you haven't tried and since we're at it, alternate choices instead of eating the same food every day. Choose different foods from each of your indulge, enjoy, and minimize food categories based on your recommended amounts.

Listen to your body

Your recommended amounts are a guideline on the quantity of foods you should aim for. Stop eating once you are comfortably satiated or 80% full. Monitor how you feel, including your hunger, energy level, and mood or other forms of discomfort 1-3 hours after eating. If you consistently feel worse in any of these areas, you may need to adjust your food choices.

What else?

In addition to your food plan, your microbiome and your metabolism will gain an extra benefit from interval training at least 3 times per week.

Caloric restriction may provide more benefit than intermittent fasting.

Your Food List

Indulge

Eat some of these foods every day and vary which ones you eat so that you get a variety. Your Superfoods are foods from your indulge list that will be most beneficial for you. It is best to rotate your Indulge and Superfoods so you don't eat the same foods everyday. These should be your "go-to foods", as your microbes thrive on them. To help balance your body so it can function optimally, replace your Avoid foods with these Indulge foods.

Carbohydrates

Grains	Brown Rice, Oats
Vegetables	Arugula, Bok Choy, Broccoli, Capers, Celery (organic), Cilantro, Endive, Garlic, Jicama, Kale, Sauerkraut, Seaweed, Watercress
Fruits	Avocado, Guava, Papaya
Beverages	Green Tea (brewed)
Extras	Dill (fresh), Ginger, Turmeric

Fats

Nuts and Seeds	Brazil Nuts, Filberts or Hazelnuts, Pumpkin Seeds
Oils	Flax Oil, Olive Oil

Proteins

Meats	Bone Broth (mammal), Chicken (dark), Lamb, Turkey (white)
Seafood	Salmon, Pacific (wild-caught)
Legumes	Black Beans
Other Proteins	Egg (large)

Enjoy

Your microbiome does well with these foods so they should form the foundation of your diet. Eat at least 4 servings of your Enjoy foods each day, but remember to rotate them so you don't eat the same foods everyday.

Carbohydrates

Grains	Amaranth, Buckwheat, Bulgar, Quinoa, Rye (sprouted bread), Wheat (sprouted bread), Wild Rice
Vegetables	Alfalfa Sprouts, Artichoke, Asparagus, Bamboo Shoots, Basil, Bean Sprouts, Beet, Beet Greens

	Bell Pepper (organic), Brussels Sprouts, Burdock Root, Cabbage, Cardoon (thistle stem), Carrot, Cauliflower, Celeriac, Chard, Chicory (root), Collard Greens, Cucumber, Dandelion Greens, Eggplant, Escarole, Fennel Bulb, Gourd, Grape Leaves, Green Beans, Hot Pepper (organic), Jerusalem Artichoke, Kimchi, Kohlrabi, Leek, Lettuce, Mushrooms, Mustard Greens, Okra, Onion, Parsley, Peas, Pickle (unsweetened), Potato (small, organic), Pumpkin, Radicchio, Radish, Rhubarb, Snap Peas, Spinach (organic), Sprouted Radish Seeds, Summer Squash, Taro, Tomato (organic), Water Chestnuts, Wheatgrass, Zucchini Squash
Fruits	Apple (medium, organic), Apricot, Blackberry, Blueberry, Boysenberry, Breadfruit, Cranberry, Currant, Elderberry, Fig, Goji Berry, Gooseberry, Grapefruit, Grapes (organic), Huckleberry, Jackfruit, Kiwi, Kumquat, Lemon, Lime, Loganberries, Lychee, Marionberry, Melon, Mulberries, Olives, Orange, Passionfruit, Pear (organic), Persimmon, Plantain, Plum, Pomegranate, Pummelo, Raspberry, Salmonberry, Sour Cherries, Star Fruit, Strawberry (organic)
Beverages	Almond Milk (unsweetened), Black Tea (brewed), Coconut Milk (unsweetened), Coconut Water, Coffee (brewed, organic), Herbal Tea (brewed), Soy Milk (unsweetened), White Tea (brewed)
Sweeteners	Cocoa (unsweetened)
Extras	Allspice, Bay Leaf, Black Pepper, Caraway Seed, Cardamom, Carob, Cayenne Pepper, Celery Seed, Chervil, Chili Powder, Cinnamon, Cloves, Coriander, Cumin, Fennel Seed, Fenugreek Seed, Horseradish, Lotus Seeds, Mace, Marjoram, Mustard Seed, Nutmeg, Oregano, Paprika, Peppermint (fresh), Poppy Seed, Rosemary (fresh), Saffron, Sage, Savoury, Spearmint (fresh), Spirulina, Tarragon, Vanilla Extract, Vinegar, Vinegar Apple Cider

Fats

Nuts and Seeds	Almonds, Cashews, Chestnuts, Chia Seeds, Coconut Meat, Flax Seeds, Hemp Hearts, Hickory Nuts, Macadamia Nuts, Pecans, Pine Nuts, Pistachios, Sesame Seeds, Sunflower Seeds, Walnuts
Oils	Avocado Oil, Butter, Coconut MCT Oil, Coconut Oil, Ghee, Grape Seed Oil, Safflower Oil

Proteins

Meats	Beef (fatty, grass-fed), Beef (lean, grass-fed), Bone Broth (poultry), Buffalo, Chicken (white), Cornish Game Hen, Duck, Emu, Game Meat (venison, elk), Goat, Goose, Ostrich, Pheasant, Quail, Turkey (dark), Veal
Seafood	Abalone, Anchovy, Bone Broth (fish), Catfish, Caviar or Roe, Cod, Alaskan, Crayfish, Dungeness Crab, Pacific, Eel, Haddock, Halibut, Pacific, Herring, Lobster, Mackerel, Mussel, Perch, Rainbow Trout, Sardine, Scallops, Shellfish Clam, Shellfish Oyster, Shrimp (domestic), Squid, Tuna (pole caught), Turbot
Legumes	Chickpeas, Fava Beans, Miso, Natto, Peanuts, Red Beans, Soybeans (non-GMO), White Beans

Dairy	Cheese, Goat Cheese, Goat Milk, Heavy Cream (33% fat), Kefir, Ricotta or Cottage Cheese (2% fat), Sheep Cheese, Sheep Milk, Whole Milk, Yogurt (plain)
Other Proteins	Egg White, Egg Yolk, Tempeh, Tofu

Minimize

Minimize foods can be eaten once in a while, but they will not promote optimal wellness. Try to limit your intake of each Minimize food to a maximum of 3 servings per week.

Carbohydrates

Grains	Barley, Couscous, Kamut, Millet, Triticale, White Rice
Vegetables	Cassava, Corn Tortilla (organic, non-GMO), Hard Squash, Parsnip, Rutabaga, Turnip, Yam or Sweet Potato
Fruits	Banana (small), Cherry (organic), Dates, Mango, Mangosteen, Nectarine (organic), Peach, Pineapple, Prunes
Beverages	Rice Milk
Salt	Sea Salt or Himalayan Salt
Sweeteners	Cane Sugar, Honey, Maple Syrup, Molasses, Stevia
Extras	Rice Noodles

Proteins

Meats	Pork (lean)
Legumes	Adzuki Beans, Black Eyed Peas, Lentils, Lima Beans, Pinto Beans

Avoid

Stay away from these foods. Avoid foods are harmful to your overall wellness and should be removed from your diet altogether. Your microbes will thank you for it.

Carbohydrates

Fruits	Raisins
Sweeteners	Agave Nectar, Beet Sugar, Dextrose, Maltose
Extras	Aspartame, Beans (baked or refried), Brown Sugar, Canned Vegetables, Corn Syrup, Cured Meat, French Fries, Fruit Juices, Granola Bars, Hydrogenated Vegetable Oil, Iodized Salt, Oatmeal (flavored), Processed Cheese, Processed Meat, Rice Cakes (flavored), Saccharin, Soda (regular or diet), Sucralose, Sugar (white), White Flour, Yogurt (flavored)

Fats

Oils	Canola Oil, Lard, Margarine, Shortening

Supplements

Supplement recommendations are designed to promote healthy activities of your gut microbiome. These supplements are available for purchase through online retailers.

ABx Support

Probiotics by Klaire Labs

1 capsule 2x daily

PhytoGanix

Polyphenols by Metagenics

1 tsp daily

Cal-Mag Butyrate

Gut Support by BodyBio

1 capsule 3x daily for 90 days

PaleoFiber

Prebiotic by Designs for Health

Build up to 2 tsps daily