



Karen Smith RD

Change your food. Change your health.



How many different whole plants can you eat in a week? Aim for 30 for optimal gut health.

Vegetables

- | | | | |
|-----------|---------------------|----------------|-------------|
| Artichoke | Arugula | Asparagus | Avocado |
| Basil | Beets | Bell pepper | Bok choy |
| Broccoli | Brussels sprouts | Burdock | Cabbage |
| Carrot | Cassava | Cauliflower | Celery |
| Cilantro | Collard greens | Daikon | Eggplant |
| Garlic | Jerusalem artichoke | Jicama | Kale |
| Kohlrabi | Mushrooms | Mustard greens | Onion |
| Parsley | Parsnip | Potato | Radish |
| Rhubarb | Rutabaga | Sweet potato | Swiss chard |
| Turnip | Watercress | | |

Other: _____

Fruits

- | | | | |
|-------------------------------|---------------|-------------|-------------|
| Acai berries | Apple | Apricot | Banana |
| Barberries | Blackberries | Blueberries | Cantaloupe |
| Cherries | Cranberries | Coconut | Cucumber |
| Currants | Goji berries | Grapefruit | Kiwi |
| Lemon | Lime | Mango | Orange |
| Papaya | Passion fruit | Peach | Pear |
| Pineapple | Plum | Pomegranate | Raspberries |
| Star fruit | Strawberries | Tangerine | Tomato |
| Ugli fruit (Jamaican tangelo) | Watermelon | | |

Other: _____



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Legumes

Adzuki beans

Black beans

Black-eyed peas

Cannellini beans

Chickpeas

Edamame (soybeans)

Fava beans

Green peas

Kidney beans

Lentils

Lima beans

Mung beans

Navy beans

Northern beans

Pigeon peas

Pinto beans

White beans

Other: _____

Whole grains

Amaranth

Barley

Black rice

Brown rice

Buckwheat groats

Bulgur

Corn

Farro

Kamut

Millet

Oat groats

Quinoa

Rolled oats

Sorghum

Spelt

Teff

Wheat berries

Whole wheat (100%)

Wild rice

Other: _____

Seeds

Chia

Flax (ground)

Hemp

Pumpkin

Sesame

Sunflower

Other: _____