

Dr. Robynne Chutkan

Integrative Gastroenterologist

Author of The Microbiome Solution, GutBliss, The Bloat Cure

Recommended Diet

From The Microbiome Solution, chapter 9

Green Light Foods-eat as much as you like

Yellow Light Foods-limit to one 4 ounce serving a day

Red Light Foods-avoid or reduce

Green Light Foods

- Fruits
- Vegetables
- Root vegetables
- Nuts
- Nut butters
- Seeds
- Legumes (beans, lentils, peas, peanuts, chickpeas)
- Olive oil
- Coconut oil
- Organic raw honey
- Brown rice
- Sweet potato
- Squash
- Quinoa
- Oats (steel-cut or old-fashioned gluten-free oats)
- Unsweetened dried fruits

Green Light Drinks

- Water
- Carbonated water
- Unsweetened, unflavored coconut water
- Cow milk substitutes: almond milk, hemp milk, cashew milk, coconut milk
- (note: NOT soy milk)
- (Dr Carr would add oat milk to this list)
- Herbal tea
- Smoothies-with no added sugar or sweeteners
- Vegetable juices-with no added sugar or sweeteners
- (note: NO fruit juices)

Green Light Baking

Almond flour, coconut flour, chickpea flour, brown rice flour, green banana flour

Dr. Robynne Chutkan-Recommended Diet- page 2

Yellow Light Foods

One serving per day of animal protein

- Wild fish
- Wild game
- Grass-fed beef
- Organic meat/poultry/eggs

Ghee/clarified butter

No more than 1 serving per day of alcohol

Red Light Foods (associated with dysbiosis such as SIBO because either broken down into simple sugars upon digestion, are highly processed or contain ingredients that damage the intestinal lining or the microbes that live there)

- Dairy (except ghee/clarified butter)
- Sugar (organic raw honey allowed)
- Artificial sweeteners (aspartame, sucralose, stevia, sorbitol, mannitol etc)
- High fructose corn syrup
- Corn/corn products
- Gluten
- Grains (except brown rice)
- White rice
- White potato
- Pasta (except brown rice pasta or quinoa pasta that does not contain corn)
- Processed carbohydrates (products processed so that the whole grain or original form is no longer intact)
- Refined oils (canola, safflower, etc.)
- Sodas
- Diet sodas
- Fruit juices

For more information, read Dr. Chutkan's book, The Microbiome Solution, 2015.

-M. Carr, MD