

Fiber Diversity: Feed Your Gut Microbiome

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Your gut is home to trillions of beneficial microbes. Different plant fibers feed different microbes, which is why variety matters.

Why Fiber Diversity Matters

- Supports a diverse and resilient microbiome
- Improves digestion and gut motility
- Helps produce beneficial compounds that reduce inflammation

Simple Tip

Aim for variety across the week – not perfection at every meal.

Adding different plant foods regularly helps nourish different beneficial bacteria.

Vegetables	Fruits	Beans & Lentils	Whole Grains	Nuts & Seeds
Broccoli	Berries	Black Beans	Oats	Almonds
Carrots	Apples	Chickpeas	Quinoa	Walnuts
Leafy Greens	Pears	Lentils	Brown Rice	Chia Seeds
Peppers	Oranges	Kidney Beans	Barley	Flax Seeds
Asparagus	Bananas	Pinto Beans	Farro	Pumpkins

The 30 Plants Per Week Goal

Research suggests that people who eat around 30 different plant foods per week tend to have more diverse gut microbiomes than those who eat fewer than 10.

Each plant counts – vegetables, fruits, beans, whole grains, herbs, nuts, and seeds.

Takeaway

Your gut thrives on diversity.

Focus on adding more plant variety throughout the week and your microbiome will thank you.