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2021-05-03 (GJKE4)

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Food Recommendations

Recommended

Avoid

You should avoid the foods below based on your test results. Each food increases certain bacteria in your gut that may potentially worsen your health.

 Search

Your Top 5 Vegetables



Acorn squash



Pattypan squash

Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques

Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques



Hubbard squash



Spaghetti squash



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Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques



Squash

Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques

All Your Recommended Vegetables

Your Top 1 Fruits & Berries



Olive

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium crudilactis
- Bifidobacterium psychraerophilum

[See More](#)

Avoidance Increases your:

Bifidobacterium

Essential

Premium ★

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques



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Pepperoni

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Beef

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Steak

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Kidney

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Lamb



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Avoidance Increases your:
thryve

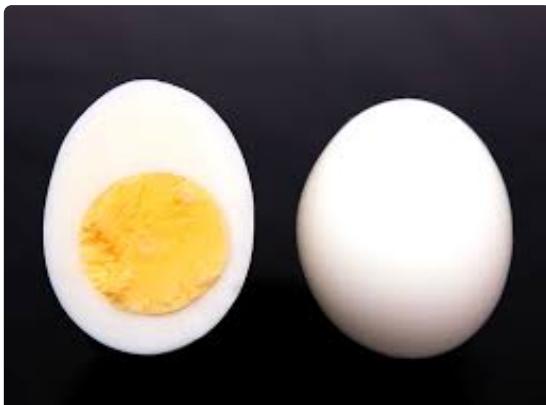
- Bacteroidia
- Bifidobacterium

Essential

Premium ★

All Your Recommended Meats

Your Top 5 Poultry



Egg

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Egg white

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Egg yolk

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Quails' egg

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



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Chicken

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium

Your Top 5 Fish & Shellfish



Shellfish

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Haddock

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Hake



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Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Essential

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Halibut

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium



Crayfish

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium

All Your Recommended Fish & Shellfish

Your Top 2 Dairy





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Milk
thryve

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium
- Ruminococcus torques

Goats' milk

Essential

Premium ★

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium
- Ruminococcus torques

Your Top 5 Grains



Pasta

Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques



Amaranth

Avoidance Increases your:

- Bifidobacterium
- Firmicutes
- Lactobacillus



Pearl barley

Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques



Barley

Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques



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Essential

Premium ★

Tagliatelle

Avoidance Increases your:

- Bifidobacterium
- Lactobacillus
- Ruminococcus torques

All Your Recommended Grains

Your Top 2 Herbs & Spices



Rosemary

Avoidance Increases your:

- Clostridium leptum
- Lactobacillus
- Leuconostoc

[See More](#)



Salt

Avoidance Increases your:

- Bifidobacterium

Your Top 4 Oil & Fats



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Lard

Avoidance Increases your:

- Bifidobacterium



Olive Oil

Avoidance Increases your:

- Bifidobacterium
- Ruminococcus torques

Essential



Premium ★

Rapeseed oil

Avoidance Increases your:

- Bifidobacterium



Grapeseed oil

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium crudilactis
- Bifidobacterium psychraerophilum

[See More](#)

Your Top 1 Sugars



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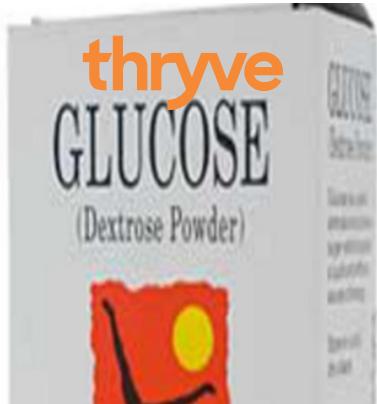
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Essential

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Glucose

Avoidance Increases your:

- Bacteroidia
- Bifidobacterium crudilactis
- Bifidobacterium psychraerophilum

[See More](#)

Your Top 5 Alcohol



Sparkling wine

Avoidance Increases your:

- Akkermansia
- Enterobacteriaceae
- Lactobacillales

[See More](#)



Tequila

Avoidance Increases your:

- Akkermansia
- Verrucomicrobia



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thryve



Red wine

Avoidance Increases your:

- Akkermansia
- Enterobacteriaceae
- Lactobacillales

[See More](#)

Essential

Premium ★



Marsala wine

Avoidance Increases your:

- Akkermansia
- Enterobacteriaceae
- Lactobacillales

[See More](#)



Vermouth

Avoidance Increases your:

- Akkermansia
- Enterobacteriaceae
- Lactobacillales

[See More](#)

All Your Recommended Alcohol

medical diagnosis or treatment, and should not be used as the basis for a diagnosis or treatment. You should always consult your physician or health care provider about any health issues and before making any changes to your current care.



Essential

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The FDA plays a specific role in regulating the supplement industry. [Learn More](#)

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