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2021-05-03 (GJKE4)



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# Food Recommendations

Recommended

Avoid

Charles, based on your lab results, these food recommendations have been specially customized for you. Below are the top 3-5 foods you can eat to optimize your microbiome. Each food will help to increase certain good bacterial in your gut. Click on a food card to learn more.

Search

Diet

Bacteria | Akkermansia and 11 more

Allergies

Food Types | Vegetables and 13 more

Clear All Filters

## Your Top 5 Vegetables



Chicory

### Increases your:

- Akkermansia
- Alistipes
- Bifidobacterium

[See More](#)



Artichoke

### Increases your:

- Acetitomaculum ruminis
- Alistipes
- Anaerocolumna aminovaleric

[See More](#)



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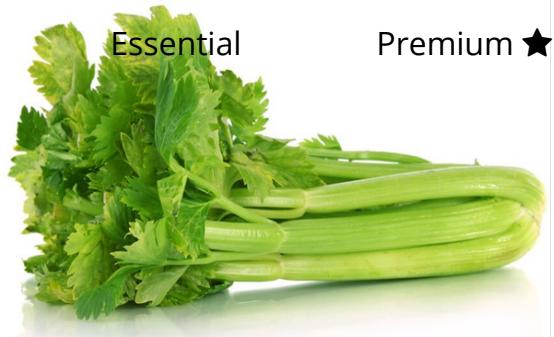


## Asparagus

### Increases your:

- Alistipes
- Bifidobacterium
- Blautia

[See More](#)



## Celery

### Increases your:

- Acetitomaculum ruminis
- Akkermansia
- Akkermansia muciniphila

[See More](#)



## Wild garlic

### Increases your:

- Acetitomaculum ruminis
- Akkermansia
- Akkermansia muciniphila

[See More](#)

## All Your Recommended Vegetables

## Your Top 5 Fruits & Berries

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## Avocado

### Increases your:

- Acetitomaculum ruminis
- Akkermansia
- Akkermansia muciniphila

[See More](#)



## Kiwi fruit

### Increases your:

- Bacteroides
- Bifidobacterium
- Bifidobacterium sp.

[See More](#)



## Plantain

### Increases your:

- Acetitomaculum ruminis
- Akkermansia
- Akkermansia muciniphila

[See More](#)



## Apricot

### Increases your:

- Anaerotruncus colihominis
- Bacteroides
- Blautia

[See More](#)



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## Asian pear

### Increases your:

- Acetitomaculum ruminis
- Akkermansia muciniphila
- Anaerocolumna aminovaleric

[See More](#)

## All Your Recommended Fruits & Berries

## Your Top 2 Legumes



### Soybeans

### Green lentil

### Increases your:

- Alistipes
- Bifidobacterium
- Blautia

[See More](#)

### Increases your:

- Acetitomaculum ruminis
- Akkermansia
- Akkermansia muciniphila

[See More](#)

## All Your Recommended Legumes

## Your Top 4 Nuts & Seeds



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## Almond

### Increases your:

- Acetitomaculum ruminis
- Akkermansia muciniphila
- Anaerocolumna aminovalericina

[See More](#)



## Pistachio

### Increases your:

- Acetitomaculum ruminis
- Akkermansia muciniphila
- Anaerocolumna aminovalericina

[See More](#)



## Black sesame seeds

### Increases your:

- Bacteroides
- Bacteroides thetaiotaomicron
- Bifidobacterium

[See More](#)



## Sunflower seed

### Increases your:

- Bacteroides
- Bacteroides thetaiotaomicron
- Bifidobacterium

[See More](#)

## All Your Recommended Nuts & Seeds

## Your Top 2 Fish & Shellfish



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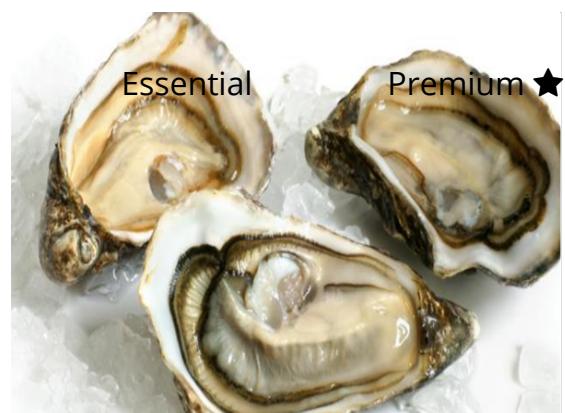
### Increases your:

- Blautia
- Eubacterium
- Lactobacillus

[See More](#)

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## Oyster

### Increases your:

- Acetitomaculum ruminis
- Akkermansia muciniphila
- Anaerocolumna aminovalericana

[See More](#)

## Your Top 3 Grains



## Buckwheat

### Increases your:

- Bacteroides
- Bifidobacterium
- Bifidobacterium animalis subsp. lactis

[See More](#)



## Bran

### Increases your:

- Bacteroides
- Blautia
- Enterococcus

[See More](#)



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## Wheatgerm

### **Increases your:**

- Acetitomaculum ruminis
- Akkermansia muciniphila
- Anaerocolumna aminovaleric

[See More](#)

### All Your Recommended Grains

## Your Top 2 Herbs & Spices



### Chives

### **Increases your:**

- Alistipes
- Bifidobacterium sp.
- Blautia

[See More](#)



### Dandelion

### **Increases your:**

- Alistipes
- Blautia
- Eubacterium

[See More](#)

### All Your Recommended Herbs & Spices

## Your Top 5 Oil & Fats



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## Soybean oil

### Increases your:

- Bifidobacterium
- Lactobacillus



## Sunflower oil

### Increases your:

- Bacteroides
- Bacteroides thetaiotaomicron
- Bifidobacterium

[See More](#)



## Ghee

### Increases your:

- Bifidobacterium sp.
- Lactobacillus



## Hazelnut oil

### Increases your:

- Bifidobacterium



## Sesame oil



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**thryve**  
Increases your:

- Bacteroides
- Bacteroides thetaiotaomicron
- Bifidobacterium

[See More](#)

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## Your Top 0 Beverages

## Your Top 3 Desserts



**Dark chocolate**

### Increases your:

- Akkermansia
- Alistipes
- Bifidobacterium sp.

[See More](#)



**White chocolate**

### Increases your:

- Bifidobacterium sp.
- Lactobacillus



**Chocolate**

### Increases your:



- Bifidobacterium sp.
- Lactobacillus



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