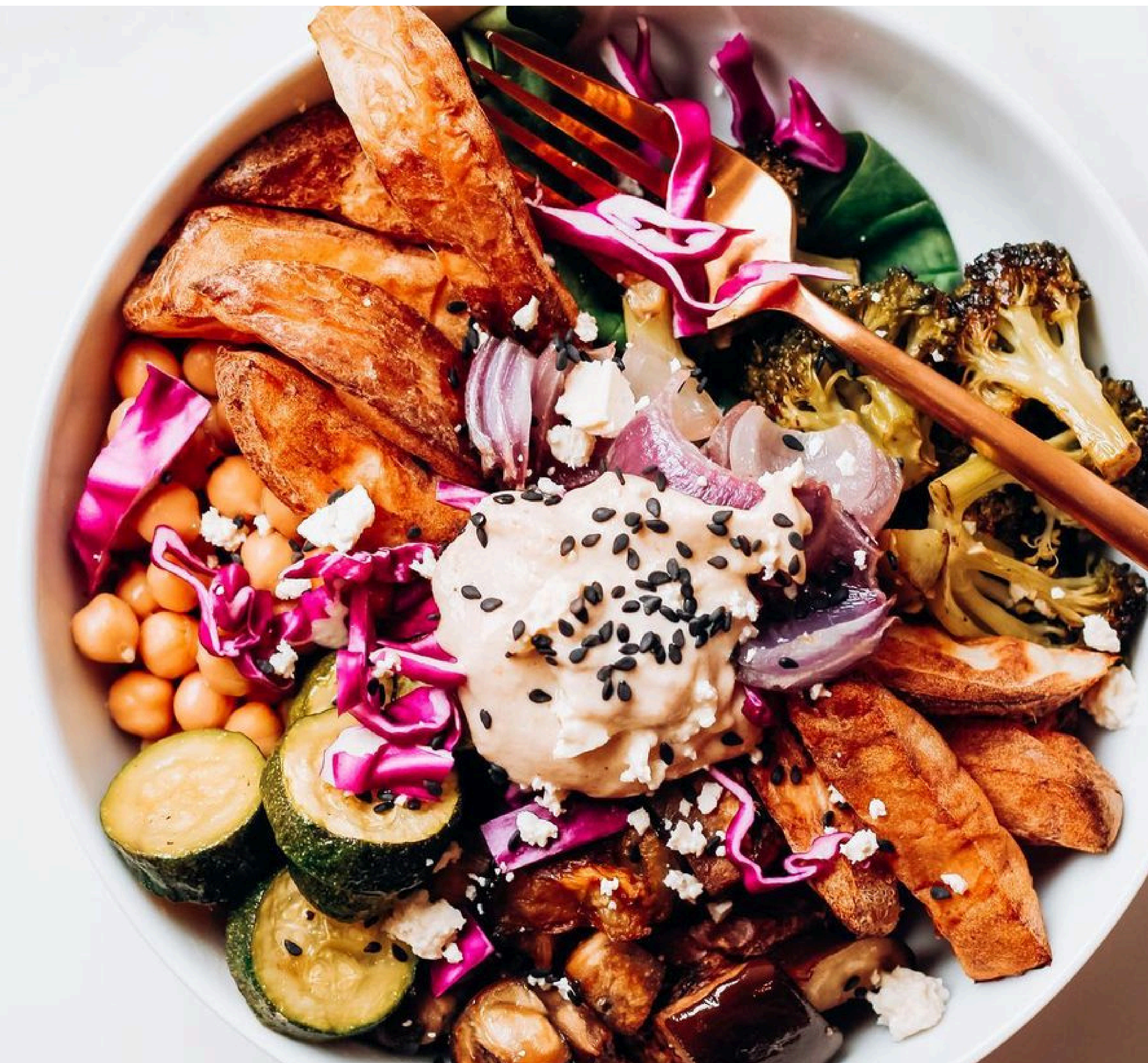


W H O L E F O O D S C H E A T S H E E T



T H E G O O D G U T G U R U

Meg Lagerwey

My Top High Fibre, Gut-Lovin' Whole Foods:

Before we get into the cheat sheet, I thought I'd start by sharing my top five high fibre foods that are packed with gut-lovin' and healing properties! They really pack a fibre punch!

CHIA SEEDS

serving size: 2 Tbsp

| | |
|----------------------|------------|
| Calories | 138 |
| Protein | 4.7 grams |
| Fat | 8.7 grams |
| Carbohydrates | 11.9 grams |
| Fibre | 9.8 grams |

Great Source of:

Fiber, Magnesium, Phosphorus, Calcium, Iron, Niacin, Thiamin

Benefits:

Aids digestion, increases energy, supports blood sugar regulation and weight loss, improves brain function

FLAXSEEDS

serving size: 2 Tbsp

| | |
|----------------------|-----------|
| Calories | 75 |
| Protein | 2.6 gram |
| Fat | 6 grams |
| Carbohydrates | 4 grams |
| Fibre | 3.8 grams |

Great Source of:

Fiber, Magnesium, Manganese, Omega-3s, Thiamin

Benefits:

Promotes heart health, improves brain function, balances hormones, reduces inflammation, aids digestion

AVOCADO

serving size: 1 Medium

| | |
|----------------------|----------|
| Calories | 234 |
| Protein | 3 grams |
| Fat | 21 grams |
| Carbohydrates | 12 grams |
| Fibre | 10 grams |

Great Source of:

Fibre, Folate, Vitamin K

Benefits:

Adds digestion, promotes heart health, promotes skin health, includes lots of healthy fats

LENTILS

serving size: 1 Cup Cooked

| | |
|----------------------|------------|
| Calories | 230 |
| Protein | 18 grams |
| Fat | 0.8 grams |
| Carbohydrates | 40 grams |
| Fibre | 15.6 grams |

Great Source of:

Folate, iron, and manganese

Benefits:

Supports digestive health, provides plant-based protein, promotes heart health

ARTICHOKE

serving size: 1 Medium

| | |
|----------------------|----------|
| Calories | 60 |
| Protein | 4 grams |
| Fat | < 1 gram |
| Carbohydrates | 13 grams |
| Fibre | 7 grams |

Great Source of:

Magnesium, Riboflavin, Vitamin E , Fiber, Protein, Phosphorus

Benefits:

Promotes heart health, supports strong bones and teeth, lowers LDL cholesterol

ALMONDS

serving size: 1 Handful/ 30g

| | |
|----------------------|----------|
| Calories | 174 |
| Protein | 6 grams |
| Fat | 15 grams |
| Carbohydrates | 6 grams |
| Fibre | 4 grams |

Great Source of:

Magnesium, Riboflavin, Vitamin E ,
Fiber, Protein, Phosphorus

Benefits:

Promotes heart health, supports
strong bones and teeth, lowers LDL
cholesterol

APPLES

serving size: 1 Medium

| | |
|----------------------|-----------|
| Calories | 95 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 25 grams |
| Fibre | 5 grams |

Great Source of:

Fibre, Vitamin C

Benefits:

Adds digestion, lowers LDL cholesterol,
supports blood sugar regulation

APRICOTS

serving size: 1 Fresh

| | |
|----------------------|----------|
| Calories | 17 |
| Protein | < 1 gram |
| Fat | 0 grams |
| Carbohydrates | 4 grams |
| Fibre | 1 gram |

Great Source of:

Vitamin A, Beta-Carotene, Vitamin C

Benefits:

Protect against inflammation and
inflammatory illnesses, reduce risk of
diabetes, and heart disease.

ARTICHOKE

serving size: 1 Medium

| | |
|----------------------|----------|
| Calories | 60 |
| Protein | 4 grams |
| Fat | < 1 gram |
| Carbohydrates | 13 grams |
| Fibre | 7 grams |

Great Source of:

Magnesium, Riboflavin, Vitamin E ,
Fiber, Protein, Phosphorus

Benefits:

Promotes heart health, supports
strong bones and teeth, lowers LDL
cholesterol

AUBERGINE

serving size: 1 Medium

| | |
|----------------------|-----------|
| Calories | 95 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 25 grams |
| Fibre | 5 grams |

Great Source of:

Fibre, Vitamin C

Benefits:

Adds digestion, lowers LDL cholesterol,
supports blood sugar regulation

ARUGULA

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 5 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 1 gram |
| Fibre | 0.5 grams |

Great Source of:

Folate, Vitamin A, Vitamin C, Calcium,
Magnesium

Benefits:

Reduces inflammation, improves bone
health

ASPARAGUS

serving size: 1 cup

| | |
|----------------------|---------|
| Calories | 27 |
| Protein | 3 grams |
| Fat | 0 grams |
| Carbohydrates | 5 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin K, Vitamin A, Folate, Iron

Benefits:

Reduces inflammation, promotes heart health

AVOCADO

serving size: 1 Medium

| | |
|----------------------|----------|
| Calories | 234 |
| Protein | 3 grams |
| Fat | 21 grams |
| Carbohydrates | 12 grams |
| Fibre | 10 grams |

Great Source of:

Fibre, Folate, Vitamin K

Benefits:

Adds digestion, promotes heart health, promotes skin health, includes lots of healthy fats

BANANA

serving size: 1 Large

| | |
|----------------------|-----------|
| Calories | 120 |
| Protein | 1.5 grams |
| Fat | 0.5 grams |
| Carbohydrates | 31 grams |
| Fibre | 3.5 grams |

Great Source of:

Folate, Potassium, Fibre, Vitamin C, Vitamin B6

Benefits:

Reduces inflammation, adds digestion, supports cardiovascular health

BEETS

serving size: 1 cup

| | |
|----------------------|-----------|
| Calories | 58 |
| Protein | 2 grams |
| Fat | 0 grams |
| Carbohydrates | 9.5 grams |
| Fibre | 3 grams |

Great Source of:

Folate, Fibre, Potassium, Vitamin C

Benefits:

Reduces inflammation, boosts stamina, improves blood pressure

BELL PEPPER

serving size: 1 Medium

| | |
|----------------------|-----------|
| Calories | 37 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 7 grams |
| Fibre | 2.5 grams |

Great Source of:

Vitamin A, Vitamin C, Vitamin B6

Benefits:

Boosts immunity, reduces inflammation, supports skin and hair health

BLACKBERRIES

serving size: 1 Cup

| | |
|----------------------|----------|
| Calories | 62 |
| Protein | 2 grams |
| Fat | 1 gram |
| Carbohydrates | 14 grams |
| Fibre | 8 grams |

Great Source of:

Fibre, Vitamin C, Vitamin K

Benefits:

Reduces inflammation, adds digestion, Improves mental function

BLUEBERRIES

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 84 |
| Protein | 1 gram |
| Fat | 0.5 grams |
| Carbohydrates | 21 grams |
| Fibre | 4 grams |

Great Source of:

Vitamin C, Vitamin K, Fibre

Benefits:

Aids digestion, boosts immunity, reduces inflammation, promotes heart health

BOK CHOY

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 9 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 1.5 grams |
| Fibre | 0.5 grams |

Great Source of:

Fibre, Vitamin A, Vitamin C, Vitamin K, Folate

Benefits:

Reduces inflammation, improves mental function, aids digestion and weight loss, promotes heart health

BRAZIL NUTS

serving size: 6 Nuts

| | |
|----------------------|-----------|
| Calories | 198 |
| Protein | 4 grams |
| Fat | 19 grams |
| Carbohydrates | 3.5 grams |
| Fibre | 2 grams |

Great Source of:

Magnesium, Phosphorus, Selenium, Thiamin

Benefits:

Improves focus, promotes satiety and heart health, boosts immunity, aids thyroid function, protects body from oxidative damage and stress

BROCCOLI

serving size: 1 Cup

| | |
|----------------------|----------|
| Calories | 31 |
| Protein | 2.5 gram |
| Fat | 0 grams |
| Carbohydrates | 6 grams |
| Fibre | 2 grams |

Great Source of:

Vitamin C, Vitamin K, Vitamin A, Folate

Benefits:

Aids digestion, reduces inflammation, promotes detoxification and heart health

BRUSSEL SPROUTS

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 38 |
| Protein | 3 gram |
| Fat | 0 grams |
| Carbohydrates | 9 grams |
| Fibre | 4 grams |

Great Source of:

Fibre, Vitamin A, Vitamin C, Vitamin K, Folate

Benefits:

Boosts immunity, improves focus, aids digestion, supports weight loss, reduces inflammation

CABBAGE

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 22 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 5 grams |
| Fibre | 2 grams |

Great Source of:

Vitamin C, Vitamin K, Folate

Benefits:

Lowers LDL cholesterol, reduces inflammation, aids digestion

CACAO

serving size: 1 Tbsp

| | |
|----------------------|---------|
| Calories | 12 |
| Protein | 1 gram |
| Fat | 1 gram |
| Carbohydrates | 3 grams |
| Fibre | 2 grams |

Great Source of:

Polyphenols, Copper, Manganese

Benefits:

Aids digestion, reduces inflammation, improves circulation and blood and cardiovascular health

CARROTS

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 52 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 12 grams |
| Fibre | 3.5 grams |

Great Source of:

Fibre, Vitamin A, Vitamin C, Vitamin K

Benefits:

Improves eye health, boosts immunity, aids digestion, reduces inflammation

CASHEWS

serving size: 16 nuts

| | |
|----------------------|----------|
| Calories | 166 |
| Protein | 5.5 gram |
| Fat | 13 grams |
| Carbohydrates | 9 grams |
| Fibre | 1 gram |

Great Source of:

Iron, Phosphorus, Protein, Vitamin K, Zinc, Magnesium

Benefits:

Promotes heart health, increases energy, boosts brain function, supports bone and blood health

CAULIFLOWER

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 27 |
| Protein | 2 grams |
| Fat | 0 grams |
| Carbohydrates | 5 grams |
| Fibre | 2 grams |

Great Source of:

Vitamin C, Vitamin K, Folate

Benefits:

Boosts immunity, aids digestion, reduces inflammation and risk of cancer

CAYENNE

serving size: 1 Tsp

| | |
|----------------------|-----------|
| Calories | 6 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 1 gram |
| Fibre | 0.5 grams |

Great Source of:

Fibre, Vitamin A, Vitamin C, Vitamin K

Benefits:

Boosts immunity, improves circulation, aids weight loss

CELERY

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 16 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 3 grams |
| Fibre | 1.5 grams |

Great Source of:

Iron, Phosphorus, Protein, Vitamin K, Zinc, Magnesium

Benefits:

Supports hydration and bone health, boosts immunity, aids digestion

CHIA SEEDS

serving size: 2 Tbsp

| | |
|----------------------|------------|
| Calories | 138 |
| Protein | 4.7 grams |
| Fat | 8.7 grams |
| Carbohydrates | 11.9 grams |
| Fibre | 9.8 grams |

Great Source of:

Fiber, Magnesium, Phosphorus, Calcium, Iron, Niacin, Thiamin

Benefits:

Aids digestion, increases energy, supports blood sugar regulation and weight loss, improves brain function

CHICKPEAS

serving size: 1/2 Cup

| | |
|----------------------|-----------|
| Calories | 135 |
| Protein | 7 grams |
| Fat | 2 grams |
| Carbohydrates | 22.5 gram |
| Fibre | 6 grams |

Great Source of:

Iron, Magnesium, Phosphorus, Protein, Fibre, Folate

Benefits:

Supports satiety, weight loss, and blood sugar regulation; aids digestion; lowers cholesterol

CINNAMON

serving size: 1 Tsp

| | |
|----------------------|---------|
| Calories | 6 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 2 grams |
| Fibre | 1 gram |

Great Source of:

Magnesium

Benefits:

Improves circulation, supports blood sugar regulation and balanced appetite, promotes heart health

COCONUT MEAT

serving size: Palm size

| | |
|----------------------|-----------|
| Calories | 160 |
| Protein | 1.5 grams |
| Fat | 15 grams |
| Carbohydrates | 7 grams |
| Fibre | 4 grams |

Great Source of:

Fiber, Magnesium, Copper

Benefits:

Supports weight loss, improves mental function, boosts immunity

COCONUT OIL

serving size: 1 Tbsp

| | |
|----------------------|------------|
| Calories | 121 |
| Protein | 0 grams |
| Fat | 13.5 grams |
| Carbohydrates | 0 grams |
| Fibre | 0 grams |

Great Source of:

Lauric Acid

Benefits:

Supports weight loss and a healthy blood lipid profile, improves mental function, boosts immunity

COFFEE

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 5 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 0.5 grams |
| Fibre | 0 grams |

Great Source of:

Polyphenols, Antioxidants

Benefits:

Increases energy, lowers risk of liver diseases, reduces inflammation

COLLARD GREENS

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 12 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 2 grams |
| Fibre | 1 gram |

Great Source of:

Vitamin A, Vitamin C, Vitamin K, Folate

Benefits:

Aids digestion, increases energy, promotes detoxification, supports blood sugar regulation

CUCUMBERS

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 16 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 4 grams |
| Fibre | 0.5 grams |

Great Source of:

Vitamin K

Benefits:

Hydrates and cools body, boosts skin health, aids weight loss, supports eye health

DAIKON RADDISH

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 21 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 5 grams |
| Fibre | 2 grams |

Great Source of:

Vitamin C

Benefits:

Boosts metabolism and immunity, reduces inflammation, aids digestion, promotes, detoxification

DATES

serving Size: 3

| | |
|----------------------|----------|
| Calories | 200 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 54 grams |
| Fibre | 5 grams |

Great Source of:

Fibre

Benefits:

Supports cardiovascular health and circulation, aids digestion

EGGPLANT

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 20 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 5 grams |
| Fibre | 2 grams |

Great Source of:

Fibre

Benefits:

Aids digestion, reduces inflammation, supports brain health

FLAXSEEDS

serving size: 2 Tbsp

| | |
|----------------------|-----------|
| Calories | 75 |
| Protein | 2.6 gram |
| Fat | 6 grams |
| Carbohydrates | 4 grams |
| Fibre | 3.8 grams |

Great Source of:

Fiber, Magnesium, Manganese, Omega-3s, Thiamin

Benefits:

Promotes heart health, improves brain function, balances hormones, reduces inflammation, aids digestion

GARLIC

serving size: 1 Clove

| | |
|----------------------|---------|
| Calories | 4 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 1 gram |
| Fibre | 0 grams |

Great Source of:

Rich in sulphur-containing compounds

Benefits:

Boosts immunity, reduces blood pressure, promotes detoxification and heart health

GINGER

serving Size: 1 Tsp, grated

| | |
|----------------------|---------|
| Calories | 2 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 0 grams |
| Fibre | 0 grams |

Great Source of:

Fibre

Benefits:

Aids digestion, reduces inflammation, supports brain health

GOJI BERRIES

serving size: 2 Tbsp

| | |
|----------------------|-----------|
| Calories | 40 |
| Protein | 1.5 grams |
| Fat | 0 grams |
| Carbohydrates | 8.5 grams |
| Fibre | 1.5 grams |

Great Source of:

Vitamin A, Vitamin C, Fibre, Iron

Benefits:

Boosts immunity, protects eye health, aids digestion

GRAPEFRUIT

serving size: 1/2

| | |
|----------------------|---------|
| Calories | 42 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 0 grams |
| Fibre | 2 grams |

Great Source of:

Vitamin A, Vitamin C

Benefits:

Boosts immunity, aids nausea, lowers cholesterol, reduces risk of kidney stones

GRAPES

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 2 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 0 grams |
| Fibre | 0 grams |

Great Source of:

Vitamin K, Copper

Benefits:

Boosts immunity, supports cardiovascular health, supports brain health

HEMP SEEDS

serving size: 3 Tbsp

| | |
|----------------------|-----------|
| Calories | 166 |
| Protein | 9.5 grams |
| Fat | 15 grams |
| Carbohydrates | 2.5 grams |
| Fibre | 1 gram |

Great Source of:

Magnesium, Omega-3s, Phosphorus, Protein, Thiamin, Iron

Benefits:

Supports brain health, aids weight loss and digestion, improves cholesterol

HONEY

serving size: 1 Tbsp

| | |
|----------------------|----------|
| Calories | 63 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 17 grams |
| Fibre | 0 grams |

Great Source of:

Loads of antioxidants

Benefits:

Soothes coughs, heals wounds and burns, reduces inflammation

JICAMA

serving size: 1 Cup

| | |
|----------------------|------------|
| Calories | 50 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 11.5 grams |
| Fibre | 6.5 grams |

Great Source of:

Vitamin C, Fibre

Benefits:

Aids digestion, supports blood sugar regulation, boosts immunity

KALE

serving size: 1 Cup Raw

| | |
|----------------------|-----------|
| Calories | 7 |
| Protein | 0.6 grams |
| Fat | 0.3 grams |
| Carbohydrates | 1.4 grams |
| Fibre | 0.9 grams |

Great Source of:

Magnesium, Omega-3s, Phosphorus, Protein, Thiamin, Iron

Benefits:

Supports brain health, aids weight loss and digestion, improves cholesterol

KIWI

serving size: 1 Kiwi

| | |
|----------------------|----------|
| Calories | 42 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 10 grams |
| Fibre | 0 grams |

Great Source of:

Vitamin C, Vitamin K, Fibre

Benefits:

Boosts immunity, aids digestion, supports blood, sugar regulation, promotes heart and eye health

LEMON

serving size: 1 Lemon

| | |
|----------------------|---------|
| Calories | 11 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 3 grams |
| Fibre | 0 grams |

Great Source of:

Vitamin C

Benefits:

Boosts immunity, reduces inflammation

LENTILS

serving size: 1 Cup Cooked

| | |
|----------------------|------------|
| Calories | 230 |
| Protein | 18 grams |
| Fat | 0.8 grams |
| Carbohydrates | 40 grams |
| Fibre | 15.6 grams |

Great Source of:

Folate, iron, and manganese

Benefits:

Supports digestive health, provides plant-based protein, promotes heart health

MACA

serving size: 2 Tbsp

| | |
|----------------------|-----------|
| Calories | 55 |
| Protein | 0.5 grams |
| Fat | 2 grams |
| Carbohydrates | 12 grams |
| Fibre | 1 gram |

Great Source of:

Copper, Iron, Vitamin C, Vitamin B6, Potassium

Benefits:

Increases libido and energy, aids digestion, supports healthy blood pressure, improves skin health

MANGO

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 200 |
| Protein | 2.5 grams |
| Fat | 1 gram |
| Carbohydrates | 50 grams |
| Fibre | 5 grams |

Great Source of:

Vitamin C, Vitamin A, Folate

Benefits:

Reduces inflammation, improves skin health, boosts immunity

MAPLE SYRUP

serving size: 1 Tbsp

| | |
|----------------------|------------|
| Calories | 52 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 13.5 grams |
| Fibre | 0 grams |

Great Source of:

Manganese, Riboflavin

Benefits:

Reduces inflammation, boosts immune system

MINT LEAVES

serving size: 2 Tbsp

| | |
|----------------------|-----------|
| Calories | 2 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 0.5 grams |
| Fibre | 0 grams |

Great Source of:

Contains traces of manganese and vitamins A and C

Benefits:

Antimicrobial, eases indigestion, reduces inflammation, boosts immunity, improves mental focus, may ease respiratory symptoms

MUNGBEANS

serving size: 1/4 Cup

| | |
|----------------------|-----------|
| Calories | 180 |
| Protein | 12 grams |
| Fat | 0.5 grams |
| Carbohydrates | 32 grams |
| Fibre | 8 grams |

Great Source of:

Protein, Fibre

Benefits:

Improves blood health and circulation; aids digestion; supports skin health, boosts immunity

MUSHROOMS

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 21 |
| Protein | 3 grams |
| Fat | 0 grams |
| Carbohydrates | 3 grams |
| Fibre | 1 gram |

Great Source of:

Niacin, Pantothenic Acid, Phosphorus, Riboflavin, Vitamin B6

Benefits:

Boosts immunity, helps reduce risk of stroke, regulates blood pressure, promotes heart health

NECTARINE

serving size: 1 Medium

| | |
|----------------------|-----------|
| Calories | 62 |
| Protein | 1.5 grams |
| Fat | 0.5 grams |
| Carbohydrates | 15 grams |
| Fibre | 2.4 grams |

Great Source of:

Fibre, Vitamin C

Benefits:

Aids digestion and weight loss, supports, cardiovascular health, improves skin health

NORI

serving size: 2 Tbsp

| | |
|----------------------|-----------|
| Calories | 4 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 0.5 grams |
| Fibre | 0 grams |

Great Source of:

Iodine

Benefits:

Supports blood sugar regulation and thyroid health, lowers cholesterol, boosts mental focus

OKRA

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 33 |
| Protein | 2 grams |
| Fat | 0 grams |
| Carbohydrates | 7.5 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin C, Vitamin K, Fibre, Folate

Benefits:

Aids digestion, supports blood sugar regulation and musculoskeletal system, promotes heart health

OLIVE OIL

serving size: 1 Tbsp

| | |
|----------------------|------------|
| Calories | 120 |
| Protein | 0 grams |
| Fat | 13.5 grams |
| Carbohydrates | 0 grams |
| Fibre | 0 grams |

Great Source of:

Vitamin E

Benefits:

Lowers cholesterol, promotes heart health, reduces inflammation

ONION

serving size: 1 Medium

| | |
|----------------------|----------|
| Calories | 44 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 10 grams |
| Fibre | 2 grams |

Great Source of:

Vitamin C

Benefits:

Boosts immunity, promotes heart health, reduces risk of cancer

ORANGE

serving size: 1 Medium

| | |
|----------------------|-----------|
| Calories | 62 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 1.5 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin C, Fibre

Benefits:

Boosts immunity, supports digestive health, promotes heart health, protects respiratory health

PAPAYA

serving size: 1 Small

| | |
|----------------------|-----------|
| Calories | 68 |
| Protein | 0.5 grams |
| Fat | 0.5 grams |
| Carbohydrates | 17 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin C, Fibre, Folate

Benefits:

Aids digestion, supports skin health, boosts immunity, protects vision

PEACH

serving size: 1 Medium

| | |
|----------------------|----------|
| Calories | 58 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 14 grams |
| Fibre | 2 grams |

Great Source of:

Vitamin C, Vitamin A

Benefits:

Supports weight loss and blood sugar regulation, aids digestion

PEANUTS

serving size: 1 Handful

| | |
|----------------------|----------|
| Calories | 170 |
| Protein | 8 grams |
| Fat | 15 grams |
| Carbohydrates | 5 grams |
| Fibre | 3 grams |

Great Source of:

Protein, Manganese, Vitamin E

Benefits:

Promotes heart health, supports neurological health, reduces inflammation

PICKLE

serving size: 1 Medium

| | |
|----------------------|-----------|
| Calories | 15 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 3 grams |
| Fibre | 1.5 grams |

Great Source of:

Can contain probiotics

Benefits:

Aids digestion

PINE NUTS

serving size: 1 Handful

| | |
|----------------------|------------|
| Calories | 202 |
| Protein | 4 grams |
| Fat | 20.5 grams |
| Carbohydrates | 4 grams |
| Fibre | 1 gram |

Great Source of:

Vitamin E

Benefits:

Improves cholesterol, increases energy, regulates appetite, supports healthy aging

PINEAPPLES

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 82 |
| Protein | 0.5 grams |
| Fat | 0 grams |
| Carbohydrates | 22 grams |
| Fibre | 2 grams |

Great Source of:

Manganese, Vitamin C

Benefits:

Boosts immunity, aids digestion, eases muscle soreness, supports eye health

PISTACHIOS

serving size: 1 Handful

| | |
|----------------------|----------|
| Calories | 168 |
| Protein | 6 grams |
| Fat | 14 grams |
| Carbohydrates | 8 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin B6, Fibre, Copper, Protein

Benefits:

Boosts brain health, supports blood sugar regulation and weight loss, improves good cholesterol

POMEGRANATE

serving size: 1/2 Cup

| | |
|----------------------|-----------|
| Calories | 72 |
| Protein | 1.5 grams |
| Fat | 1 gram |
| Carbohydrates | 16 grams |
| Fibre | 4 grams |

Great Source of:

Fiber, Vitamin C, Vitamin K

Benefits:

Reduces inflammation and risk of cancer, promotes heart health, boosts immunity, lowers blood pressure, supports neurological health

PUMPKIN SEEDS

serving size: 1 Handful

| | |
|----------------------|----------|
| Calories | 168 |
| Protein | 9 grams |
| Fat | 15 grams |
| Carbohydrates | 3 grams |
| Fibre | 2 grams |

Great Source of:

Magnesium, Manganese, Phosphorus, Iron

Benefits:

Reduces inflammation, improves focus boosts immunity, supports weight loss

RASPBERRIES

serving size: 1 Handful

| | |
|----------------------|----------|
| Calories | 168 |
| Protein | 6 grams |
| Fat | 14 grams |
| Carbohydrates | 8 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin B6, Fibre, Copper, Protein

Benefits:

Boosts brain health, supports blood sugar regulation and weight loss, improves good cholesterol

SAGE

serving size: 1 Tsp

| | |
|----------------------|-----------|
| Calories | 2 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 0.5 grams |
| Fibre | 0 grams |

Great Source of:

Vitamin K

Benefits:

Supports cognitive function, improves memory

SAUERKRAUT

serving size: 1/4 Cup

| | |
|----------------------|-----------|
| Calories | 7 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 1.5 grams |
| Fibre | 1 gram |

Great Source of:

Fibre, vitamin C, and some probiotics

Benefits:

Aids digestion, supports weight loss, boosts immunity

SCALLIONS

serving size: 1 Tspn

| | |
|----------------------|-----------|
| Calories | 2 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 0.5 grams |
| Fibre | 0 grams |

Great Source of:

Vitamin C, Vitamin A, Vitamin K

Benefits:

Boosts immunity

SESAME SEEDS

serving size: 1 Tbsp

| | |
|----------------------|-----------|
| Calories | 52 |
| Protein | 1.5 grams |
| Fat | 4.5 grams |
| Carbohydrates | 2 grams |
| Fibre | 1 gram |

Great Source of:

Copper, Manganese

Benefits:

Increases energy, supports cardiovascular health, improves musculoskeletal health

SNAP PEAS

serving size: 1 Cup

| | |
|----------------------|---------|
| Calories | 31 |
| Protein | 2 grams |
| Fat | 0 grams |
| Carbohydrates | 7 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin A, Vitamin C, Vitamin K, Fibre

Benefits:

Aids digestion, supports blood sugar regulation, reduces inflammation

SPINACH

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 7 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 1 gram |
| Fibre | 0.5 grams |

Great Source of:

Vitamin A, Vitamin K, Folate

Benefits:

Improves skin and hair health, aids digestion, maintains bone health, reduces inflammation

SQUASH

(BUTTERNUT)

serving size: 1 Cup

| | |
|----------------------|------------|
| Calories | 63 |
| Protein | 1.5 grams |
| Fat | 0 grams |
| Carbohydrates | 16.5 grams |
| Fibre | 3 grams |

Great Source of:

Fibre, Vitamin A, Vitamin C

Benefits:

Aids digestion, reduces inflammation, promotes heart health

STRAWBERRIES

serving size: 1 handful

| | |
|----------------------|-----------|
| Calories | 53 |
| Protein | 1 grams |
| Fat | 0.5 grams |
| Carbohydrates | 13 grams |
| Fibre | 3 grams |

Great Source of:

Vitamin C, Fibre

Benefits:

Boosts immunity, supports cardiovascular health, reduces inflammation

SUNFLOWER SEEDS

serving size: 1 Cup

| | |
|----------------------|------------|
| Calories | 175 |
| Protein | 6 grams |
| Fat | 15.5 grams |
| Carbohydrates | 6 grams |
| Fibre | 3 grams |

Great Source of:

Magnesium, Phosphorus, Thiamin, Vitamin E, Fibre

Benefits:

Lowers risk of cardiovascular disease, and cholesterol; improves skin and cellular health

SWEET PEAS

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 117 |
| Protein | 8 grams |
| Fat | 0.5 grams |
| Carbohydrates | 21 grams |
| Fibre | 8 grams |

Great Source of:

Fiber, Folate, Thiamin, Vitamin A, Vitamin C, Vitamin K

Benefits:

Reduces inflammation, supports blood sugar regulation, promotes heart health, aids digestion

SWEET POTATO

serving size: 1 Medium

| | |
|----------------------|----------|
| Calories | 103 |
| Protein | 2 grams |
| Fat | 0 grams |
| Carbohydrates | 24 grams |
| Fibre | 4 grams |

Great Source of:

Vitamin C, Vitamin A, Fibre

Benefits:

Aids digestion, supports skin health, reduces inflammation

SUNFLOWER SEEDS

serving size: 1 Cup

| | |
|----------------------|------------|
| Calories | 175 |
| Protein | 6 grams |
| Fat | 15.5 grams |
| Carbohydrates | 6 grams |
| Fibre | 3 grams |

Great Source of:

Magnesium, Phosphorus, Thiamin, Vitamin E, Fibre

Benefits:

Lowers risk of cardiovascular disease, and cholesterol; improves skin and cellular health

TART CHERRIES

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 78 |
| Protein | 1.5 grams |
| Fat | 0.5 grams |
| Carbohydrates | 19 grams |
| Fibre | 2.5 grams |

Great Source of:

Fiber, Vitamin C

Benefits:

Reduces inflammation and muscle pain, supports weight loss, improves sleep quality

TOFU

serving size: 1/2 cup

| | |
|----------------------|-----------|
| Calories | 181 |
| Protein | 22 grams |
| Fat | 11 grams |
| Carbohydrates | 3.5 grams |
| Fibre | 3 grams |

Great Source of:

Calcium, Iron, Protein

Benefits:

Promotes heart health, supports bone health.

TOMATO

serving size: 1 small

| | |
|----------------------|-----------|
| Calories | 16 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 3.5 grams |
| Fibre | 1 gram |

Great Source of:

Vitamin C, Vitamin A, Vitamin K

Benefits:

Reduces inflammation, promotes heart health

TURMERIC

serving size: 1 tspn

| | |
|----------------------|-----------|
| Calories | 9 |
| Protein | 0 grams |
| Fat | 0 grams |
| Carbohydrates | 2 grams |
| Fibre | 0.5 grams |

Great Source of:

Manganese

Benefits:

Reduces inflammation, alleviates symptoms of arthritis, boosts liver function, lowers cholesterol

WALNUTS

serving size: 1 handful

| | |
|----------------------|------------|
| Calories | 195 |
| Protein | 4.5 grams |
| Fat | 19.5 grams |
| Carbohydrates | 4 grams |
| Fibre | 2 grams |

Great Source of:

Calcium, Manganese

Benefits:

Promotes heart health; supports blood sugar regulation, insulin response, and fertility; reduces inflammation

WATERCRESS

serving size: 1 Cup

| | |
|----------------------|-----------|
| Calories | 4 |
| Protein | 1 gram |
| Fat | 0 grams |
| Carbohydrates | 0.5 grams |
| Fibre | 0 grams |

Great Source of:

Vitamin C, Vitamin A, Vitamin K

Benefits:

Supports healthy blood pressure and bone health, reduces inflammation

ZUCCHINI

serving size: 1 Small

| | |
|----------------------|-----------|
| Calories | 20 |
| Protein | 1.5 grams |
| Fat | 0 grams |
| Carbohydrates | 3.5 grams |
| Fibre | 1 gram |

Great Source of:

Vitamin A, Vitamin C

Benefits:

Boosts immunity, fights infection, supports prostate health

All whole foods help contribute to your health, but this guide can give you an idea of which foods to include in your diet when you're looking for a particular benefit or nutrition source. The right foods in your diet help support vibrant health and give the body the nutrients it needs to support its healing and cell repair processes.

Including a variety of whole foods in your diet, like the ones listed in this guide, is the best way to make sure you're benefiting from the range of nutrients each food has to offer.

