

DAY 1
BREAKFAST

Yoghurt, low fat	200 g	The food diary shows that you eat yoghurt or quark - that is a good choice! Yoghurt is a fermented product that is favourable for our gut microbiome. Add seeds to your meal, such as chia or flaxseed and sunflower or pumpkin seeds. Add nuts to your breakfast, such as unsalted and mixed nuts.
Cinnamon	5 g	The food diary shows that you sometimes add cinnamon - that's a good choice! You can also alternate with other spices such as cocoa powder or turmeric.
Kiwi, green	200 g	Based on a 3-day food diary, it seems that you eat enough fruit per day on average - good job! Keep this up Our gut microbiome loves diversity (different types and colours). Try to eat as many different types of fruit and vegetables as possible.

LUNCH

		Your average carbohydrate intake per day is slightly low. To increase this, you can increase the number of slices of bread or the amount of crackers.
Chicken, breast	40 g	
Mineral water	250 ml	Try reducing the consumption of carbonated and alcoholic drinks (such as soft drinks).
Bread, whole grain	140 g	We see that you eat whole grain products - very good! Whole grains are good for your gut health.
Cucumber	300 g	Based on a 3-day food diary, it looks like you're eating enough vegetables per day on average - good job! Keep it up
Hummus	30 g	Humus is a product that is made out of chickpeas (which are legumes). Legumes are great for your gut health - so well done!

DINNER

Add fermented vegetables to your diet, such as kimchi or sauerkraut. This is good for the intestinal microbiome. This can be done during lunch or dinner or as a snack.

		Add garlic, leek and onion to your dinner. Research shows that these vegetables are beneficial for our gut microbiome.
		Add legumes to your dinner. A tablespoon of legumes goes well with, for example, rice or pasta dishes.
		Cook with vegetable oils like extra virgin olive oil.
Rye bread	70 g	Replace white grain products (such as white rice, wraps or pasta) for whole grain products (such as brown rice, whole grain wraps or whole grain pasta).
Cow milk, regular fat	200 ml	Replace milk or plant-based drink with (vegetable) yoghurt. Yoghurt contains natural healthy bacteria that are good for the intestinal microbiome.
Coriander	5 g	
Lentil soup	200 g	

SNACKS

		We see that your protein intake is a bit low. Try to increase this by adding protein-rich products to your diet with the main meals or as a snack in between. Protein-rich products include: kefir, (plant-based) yoghurt, eggs, (plant-based) milk and/or legumes.
		Add nuts as a snack, such as unsalted and mixed nuts.
Banana, cavendish, peeled, raw	100 g	
Energy drink	250 ml	
Mineral water	250 ml	

DRINKS

		Add kefir to your daily fluid intake. This is possible, for example, in between or during a meal (breakfast, lunch or dinner). Kefir is a fermented drink that is favourable for our gut microbiome.
		Try kombucha as a drink.
		Drink tea at least 3 times a day. Preferably green, ginger, black or herbal tea.

Drink enough water (at least 1,5 to 2 liter) each day. It is important to drink enough fluids because it promotes digestion. Consider purchasing a reusable water bottle to help you reach your recommended fluid intake.