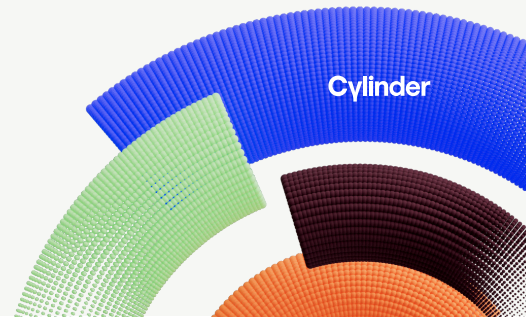


GutCheck Expert Session

PDF Worksheet



Diversity

This score represents the variety of bacteria present in your gut.
(This is a sample score. Look in your app for your custom score.)

39%

Reference Range

- What is your score?

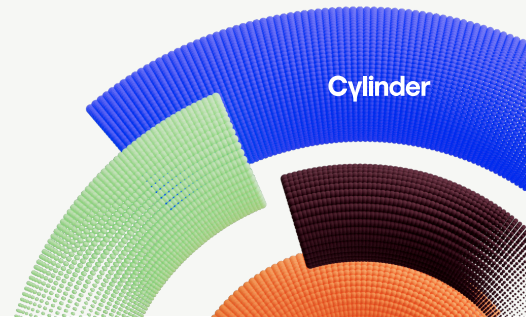
- What habits are you proud of that you want to keep doing?

- What habits do you want to improve?

- Why is a higher diversity score important to you? Check your reasons why:

- ☐ Helps you get more nutrients from your food
- ☐ Make “bonus” vitamins B and K
- ☐ Helps to make your immune system stronger to fight off pathogens
- ☐ A lower diversity score puts people at risk for certain conditions:
(inflammatory bowel disease, celiac disease, type 2 diabetes, eczema, and psoriatic arthritis).

Take the Gut Lifestyle Quiz: How do you rank?



Choose the selection that most represents your typical eating habits. Add up your points to see how you rank at the end of the quiz.

● 1. How much fruit do you usually eat? In general, 1 serving is 1 cup (about the size of a baseball).

- | | |
|---|---|
| <input type="checkbox"/> I don't eat fruits = 0 pt | <input type="checkbox"/> 1 serving daily = 3 pts |
| <input type="checkbox"/> 3-5 times per week = 2 pts | <input type="checkbox"/> 2-3 servings daily = 4 pts |

● 2. How many vegetables do you usually eat? In general, 1 serving is ½ cup cooked or 1 cup raw.

- | | |
|--|---|
| <input type="checkbox"/> I don't eat vegetables = 0 pt | <input type="checkbox"/> 1-2 servings daily = 3 pts |
| <input type="checkbox"/> 3-5 servings per week = 2 pts | <input type="checkbox"/> 3 or more servings daily = 4 pts |

● 3. When I eat fruits and vegetables, it's usually the same 3-5 types

- ☐ Yes
- ☐ No

● 4. How often do you eat beans, legumes, nuts and seeds (kidney, garbanzo, pinto, black, lentils, almonds, walnuts, flax seeds, chia seeds, hemp seeds, peanuts, etc.)?

- | | |
|---|---|
| <input type="checkbox"/> Never or rarely = 1 pt | <input type="checkbox"/> Several times per week = 3 pts |
| <input type="checkbox"/> A couple of times per week = 2 pts | <input type="checkbox"/> Daily = 4 pts |

● 5. How often do you eat fermented foods (i.e., foods that contain probiotics like yogurt, kefir, kimchi, unfiltered raw apple cider vinegar, or sauerkraut from the refrigerator section, etc.)

- | | |
|---|---|
| <input type="checkbox"/> Never or rarely = 1 pt | <input type="checkbox"/> Several times per week = 3 pts |
| <input type="checkbox"/> A couple of times per week = 2 pts | <input type="checkbox"/> Daily = 4 pts |

16-20: You're on the right track. You're making food choices that are fueling your gut microbiome.

Focus on consistency and choosing a variety of colorful plants while moderating your meat and sugar intake.

10-15: You're making progress. You're choosing some microbiome-boosting foods, but consistency could help. Add colorful fruits, veggies, and fermented foods to your plate to crowd out less healthy options.

0-10: You're just beginning. You're learning how the foods you choose impact your gut microbiome. Start small by choosing one habit at a time to work on.

Choose your next step on the path to better gut health.

You may think you must make many huge changes to your lifestyle to improve your health. However, making smaller, more sustainable changes over time has a bigger impact than huge changes that don't last. Here are some ideas for your next step toward better gut health:

Eat more probiotic foods.

Probiotic foods and beverages contain live, active cultures of beneficial bacteria that support digestive and overall health. There are lots of ways to incorporate probiotic-rich foods into your diet! Try eating yogurt, making a salad dressing with raw apple cider vinegar, or drinking a refreshing kombucha. Though we encourage a “foodfirst” approach to getting probiotics, some choose to add a probiotic supplement to their routine.

Add more prebiotic, fiber-rich foods.

Prebiotics are fiber-rich foods that provide fuel for our beneficial gut bacteria, keep bowel movements regular, and more! Most Americans are not meeting the daily recommendation for fiber intake. You can add fiber to plant foods: fruits, veggies, whole grains, beans, peas, nuts, and seeds. Eating a variety of plant foods is also important and can help build microbiome diversity- join the diversity challenge! Do you want to start increasing your fiber intake? Try our high-fiber plan! A high-fiber diet has been associated with reduced cholesterol, better blood sugar control, and decreased risk for constipation.

Eat less added sugar.

While small amounts of added sugars can be part of a healthy diet, excessive sugar intake can feed potentially inflammatory bacteria in the gut that produce gas which can lead to flatulence, bloating, and abdominal pain. You can cut back on added sugars without cutting them out completely. Start by trying this banana-based “nice cream” that is naturally sweetened!

Eat less ultra-processed foods.

Do you need to cut out all processed foods to be healthy? Not at all! Most foods we consume are “processed” in some way before reaching our tables. However, “ultra-processed” foods are high in calories and low in nutrients and fiber, which our bodies and guts need to thrive. Focus on adding more minimally-processed foods to your plate.

Try adding more plant-based proteins.

Protein is an important nutrient that stabilizes our blood sugar, keeps us full and satisfied, and builds muscle tissues. However, there are benefits to getting less protein from meat and more protein from plant sources. You don’t need to cut out meat completely: even making one day of your week “meatless” can make a difference! If you want to learn more about meatless meals, check out this list of tips.

Not sure where to start? Try one of our sample meal plans!

Research shows the Mediterranean diet is associated with lower cholesterol and reduced risk for heart disease, stroke, and several other diseases. This diet emphasizes heart-healthy fats and oils, whole grains, legumes, and fish.

Meet your Care Team

Meet with your Care Team to get started or to continue making healthy habits! Schedule with your Cylinder Dietitian to help you find the right foods or meal plan for you and for ongoing support with managing GI symptoms through diet. Schedule with your Cylinder Health Coach for support in lifestyle habits like sleep, exercise, stress management tools, and managing GI symptoms through lasting behavior changes.

When it comes to your microbiome, there are foods that are more likely to promote gut health while others are more likely to detract from it:

Mediterranean Diet Microbiome Boosters

- **Beans and Legumes**

Black beans
Black-eyed peas
Chickpeas
Kidney beans
Lentils

- **Fruits**

Apples
Bananas
Berries (blackberry, blueberry, strawberry, raspberry, dried cherries)
Citrus fruits (oranges, grapefruit, tangerines)
Tropical fruits (mango, passionfruit, dragon fruit, passion fruit, guava)

- **Nuts and Seeds**

Almonds
Basil Nuts
Cashews
Chia seeds
Flax seeds
Hemp seeds
Peanuts
Pumpkin seeds
Sunflower seeds
Walnuts

- **Whole Grains**

Brown or wild rice
Oats
Quinoa
100% whole grain bread

- **Vegetables**

Artichokes (fresh or marinated)
Asparagus
Beets
Carrots
Cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts)
Eggplant
Garlic
Herbs (basil, cilantro, dill, parsley, oregano, thyme)
Leafy greens (spinach, kale, collard greens, arugula)
Onions
Peppers (bell peppers, jalapenos, banana peppers)
Squash (summer squash, acorn squash, zucchini squash, spaghetti squash)
Sweet potato

When it comes to your microbiome, there are foods that are more likely to promote gut health while others are more likely to detract from it:

Standard American Diet (SAD) Gut Suppressors:

- **Alcohol / Tobacco**

- Beer
- Hard liquor
- Tobacco products of all kinds
- Wine

- **Sugary Foods & Beverages**

- Candy
- Energy drinks
- Fruit roll-ups / fruit snacks
- Packaged cookies
- Soda
- Sweetened coffee drinks and teas

- **Ultra Processed Foods**

- Boxed or pre-packaged meals (macaroni and cheese, frozen dinners)
- Certain bars/packaged baked goods
- Chips and crackers
- Sweetened breakfast cereal

- **Red Meat**

- Bacon
- Beef
- Pork
- Processed/Lunch meats
- Sausage