

MyMicrobiome Test™

With Personalised **MySmart Diet**



Good Food

Super Food

Minimize



Avoid



Customer Details:

Test ID	MM20192XXXX
Customer name	Abc
Gender	Male
Age	XX Years
Sample Registration Date	18th July 2022
Reported Date	12th August 2022

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1. Introduction

Every individual has its own unique gut microbiota profile that plays many specific functions in host nutrient metabolism, maintenance of structural integrity of the gut mucosal barrier, immuno-modulation, and protection against pathogens. Composition of gut microbiome is defined into 4 major groups of microorganisms *Bacteria*, *Archaea*, *Virus* and *Eukaryota* (*Fungi*, *Protozoa* and *Metazoa*). The dominant gut microbial phyla are *Firmicutes*, *Bacteroidetes*, *Actinobacteria*, *Proteobacteria*, *Fusobacteria*, and *Verrucomicrobia*

Each human's gut healthy core microbiota remains relatively stable in adulthood but differs between individuals due to enterotypes, Body Mass Index (BMI) level, exercise frequency, lifestyle, and cultural and dietary habits. Indeed, dysbiosis of gut microbiota is associated not only with intestinal disorders but also with numerous extra-intestinal diseases such as metabolic and neurological disorders.

2. Understanding MyMicrobiome Report

MyMicrobiome report aims to introduce you with your gut microbiome and provide scientific interpretations of your microbiome data, that will lead you to get insight into your microbiome effect on current health and also guidance to bring essential changes to your lifestyle and dietary habits to achieve the healthy lifestyle.

MyMicrobiome report highlight the following sections:

My Report Summary

This section summarizes complete report with respect to gut health, food recommendations and tips related to diet charts

MyGut Health Score(MGMI)

Microbial profile, accounting composition and diversity of beneficial and harmful microbes in your gut. This section also depicts a list of important signature microbes in your gut which is correlated with your health conditions.

MySmart Diet

Predicting risks to various diseases based on your gut microbiome composition and dysbiosis.

MySmart Diet has two components:

- > **MyFood Recommendations**
- > **MyDiet Charts**

Bione recommends you to test your GUT microbiome for every 4 or 8 months for one year and later frequency can be reduced to once a year.

Disclaimer: MyMicrobiome report is not a diagnostic report and the outcome of the report to be consulted and to be used under the guidance of physician, clinician, dietitians, nutritionist.

3. My Report Summary

Before you get started, follow the below tips. Your success in achieving a healthy GUT means a lot to us.

Tip 1

Your MyGutMicrobiomeIndex (MGMI) score of **2.1** indicates that your gut microbiota is less diverse as well as high GUT dysbiosis (microbial imbalance in Gut).

Tip 2

Your Microbiome based disease is indicative of **high risk for Constipation & Depression, and Moderate risk of Anxiety, Irritable Bowel Syndrome & Ulcerative Colitis**. SmartDiet includes solutions to achieve good health.

Tip 3

Food and Diet is specially recommended based on your **Unique Gut Microbiome**. Your **Food recommendations summary** for 286 Food items is **59 SuperFoods, 128 Good Foods, 75 Minimize Food and 24 Avoid Food**.

Tip 4

Explore all the food items from section **7. MyFood Recommendations**, even the ones you have not tried. Your daily food choice should constitute **2-3 Super Food** and **1-2 Good Food** categories in order to have more variety, flavour and colour in your diet and lead a more healthy life

Tip 5

1. Gut Restoration Phase-21 days Diet: Fruits and Vegetables are included in slightly higher amounts in the **Gut Restoration Phase** as they are rich in fiber, vitamins, minerals and antioxidants. **2. Gut Maintenance Phase-3 months Diet:** Foods that were restricted in the **Gut Restoration Phase** are slowly introduced in the diet in the **Gut Maintenance Phase**. Caloric content of food is slightly higher in this phase.

Tip 6

Your personalized **MySmart Diet** has two phases (i) **Gut Restoration Phase - 21 days**, and (ii) **Gut Maintenance Phase - 3 months**. Bione recommends retesting your gut microbiome after 4 or 8 months. In case you plan to retest your gut microbiome after 8 months, you can repeat the two phases of **MySmart Diet** plan all over again.

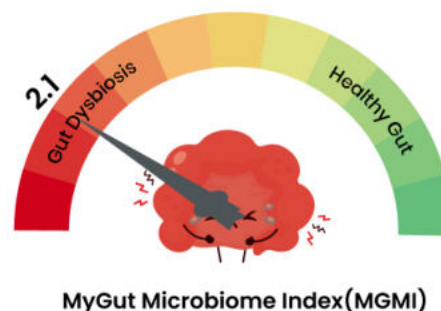
4. MyGut Health Score(MGMI)

MyGut health (MGMI) Score identify the **gut microbial composition** (Microbial Species identifications), **gut microbial abundance** (% of species identified) and **gut microbial diversity** (presence of many different microbial species in your gut) and dysbiosis (imbalance in the gut microbial abundance between health promoting vs diseases causing microbes)

Bione’s MGMI compares the diversity of your gut microbiome to the diversity of normal gut microbiomes. The higher the diversity i.e. more species of bacteria, which means also the better is your gut and overall digestive health.

4.1 MyGut Health Score (MGMI)

Your MyGutMicrobiomeIndex (MGMI) score of 2.1 indicates that your gut microbiota is less diverse as well as high GUT dysbiosis (microbial imbalance in Gut). It is less supportive towards healthy body metabolism and may enhance various disease progression. In order to increase the healthy microbiome and to improve MGMI score follow MySmart Diet recommendations.



4.2 MyGut Microbiome Abundance

Generally, any gut microbiome consists of 4 major groups of microorganisms called - Bacteria, Archaea, Virus and Eukaryota . Bacteria being the major microbial group of human gut microbiota.

Table given below summarizes the microbial composition of your gut microbiome -

Gut Microbial Composition	Value	Your report
Firmicutes	74.00%	Gut imbalance due to excessive Eubacterium eligens
Bacteroidetes	02.20%	Gut imblanace due to less Bacteroidetes
Firmicutes/Bacteroidetes (F/B) Ratio	33.63	Bad for GUT
Actinobacteria	0.63%	Gut imblanace due to less Probiotic microbes such as Bifidobacterium
Proteobacteria	22.37%	Gut imblanace due to excessive Proteobacteria
Actinobacteria/Proteobacteria (A/P) Ratio	0.12	Bad for GUT
Total Probiotic Abundance(%)	0.54%	Bad for GUT
Total Pathogen Abundance(%)	10.78%	Bad for GUT

4.3 MyGut Pathogen Profile

Human GUT harbour both symbiotic microbes and pathogens. Symbiotic microbes use several mechanisms to inhibit pathogen colonization in the gut to keep it healthy. Therefore, the composition and abundance of gut pathogens indicates severity of gut dysbiosis and overall gut health.

MyMicrobiome report provides insight into your GUT bacterial pathogen profile with relative abundance. Your metagenome sequence data was used to identify the major bacterial pathogen in your gut. Abundance of each pathogen as well as outcome as My Patho-report was tabulated with three indicators described below:

1. **Not detected (ND):** Good for your health
2. **Low abundance:** Follow diet recommendations and if any symptoms persist, consult your family physician.
3. **High abundance:** consult your family physician or Gastroenterologist

Table - List of top bacterial pathogens

Pathogen	Abundance percentage	Outcome	Pathogen	Abundance percentage	Outcome
<i>Escherichia coli</i>	7.23%	HIGH	<i>Helicobacter pylori</i>	0.20%	LOW
<i>Klebsiella pneumoniae</i>	0.92%	HIGH	<i>Parabacteroides distasonis</i>	0.03%	LOW
<i>Salmonella enterica</i>	1.05%	HIGH	<i>Pseudomonas aeruginosa</i>	0.02%	LOW
<i>Shigella boydii</i>	0.04%	HIGH	<i>Shigella dysenteriae</i>	0.01%	LOW
<i>Bacteroides fragilis</i>	0.09%	LOW	<i>Shigella flexneri</i>	0.01%	LOW
<i>Clostridium autoethanogenum</i>	0.004%	LOW	<i>Staphylococcus aureus</i>	0.12%	LOW
<i>Clostridium botulinum</i>	0.07%	LOW	<i>Staphylococcus epidermidis</i>	0.003%	LOW
<i>Enterococcus faecalis</i>	0.01 %	LOW	<i>Staphylococcus saprophyticus</i>	0.01%	LOW
<i>Enterococcus faecium</i>	0.08%	LOW	<i>Streptococcus agalactiae</i>	0.001%	LOW
<i>Haemophilus influenzae</i>	0.004%	LOW	<i>Streptococcus dysgalactiae</i>	0.03%	LOW

Conclusion:

Your metagenome based pathogen abundance is high in your gut microbiome. **Consult your physician or speciality doctor.**

4.4 Microbiota Profile in your gut

Human gut microbiota consists of beneficial as well as harmful bacterial species. As per the reports, an ideal ratio of these microbes is 85 (Beneficial):15 (Harmful) in a healthy gut. Gut dysbiosis is characterized by reduced abundance percentage of beneficial microbes and an increase in abundance of harmful microbes. Table below lists the signature microbes in your gut which are supposed to be maintained in order to alleviate gut dysbiosis. Briefly, the beneficial microbes have to be increased and at the same time harmful ones should be reduced in the gut, which can be achieved by following food and diet recommendations given in the current report.

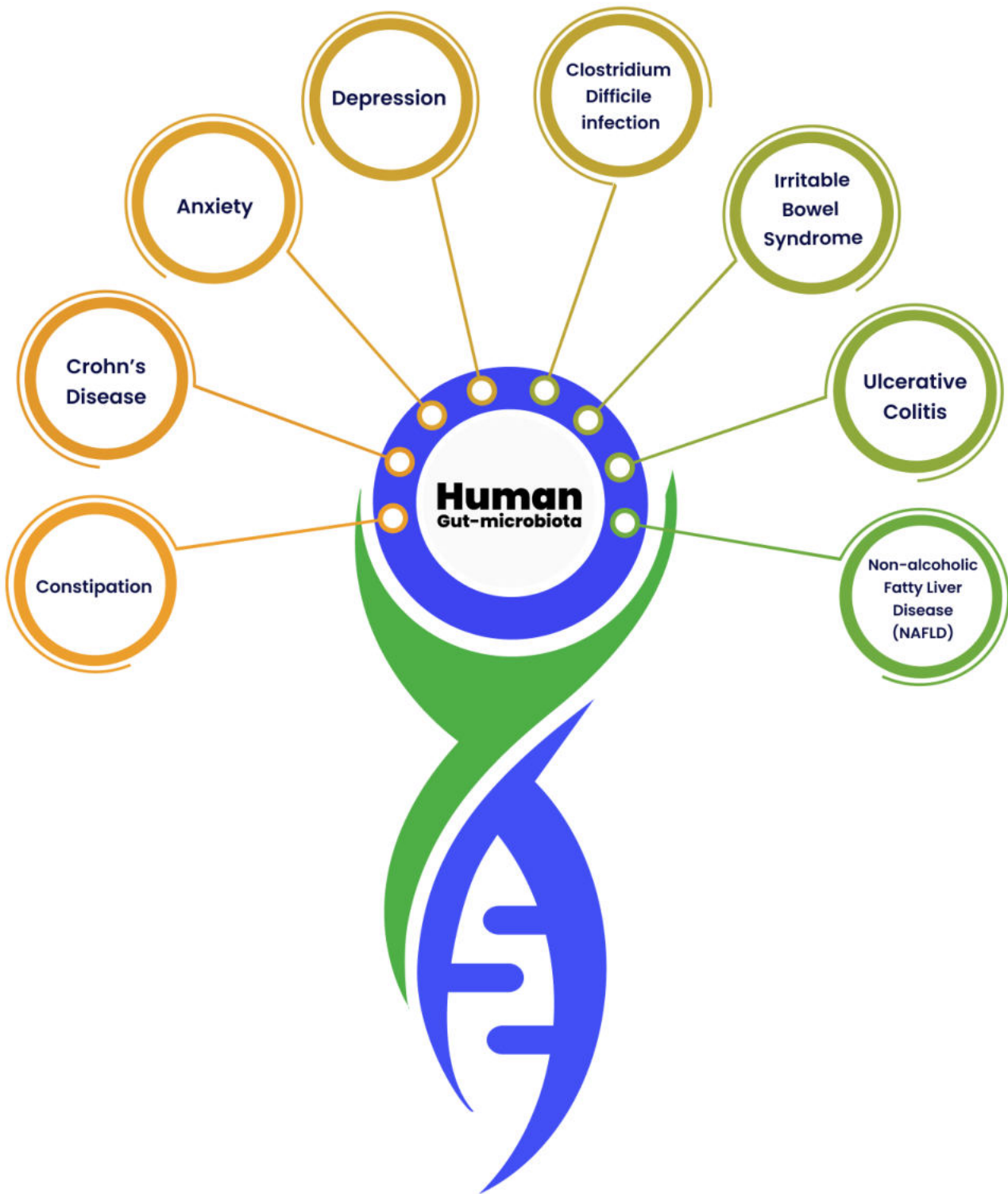
S.No	Domain	Taxa	Classification	Abundance percentage	Status in your report	Outcome
1	Bacteria	Clostridium butyricum	Beneficial	0.12%	High	Good for GUT
2	Bacteria	Candidatus Gullanelia	Beneficial	0.001%	Low	Bad for GUT
3	Bacteria	Coralococcus coralloides	Beneficial	0.002%	Low	Bad for GUT
4	Bacteria	Candidatus Pseudomonas	Beneficial	0.002%	Low	Bad for GUT
5	Bacteria	Levilactobacillus brevis	Beneficial	0.004%	Low	Bad for GUT
6	Bacteria	Anoxybacillus gonensis	Beneficial	0.005%	Low	Bad for GUT
7	Bacteria	Lactiplantibacillus paraplantarum	Beneficial	0.001%	Low	Bad for GUT
8	Bacteria	Lentilactobacillus kefirii	Beneficial	0.001%	Low	Bad for GUT
9	Bacteria	Gordonibacter urolithinifaciens	Beneficial	0.001%	Low	Bad for GUT
10	Bacteria	Thermomonospora curvata	Beneficial	0.001%	Low	Bad for GUT
11	Bacteria	Enterococcus faecium	Beneficial	0.08%	Low	Bad for GUT
12	Bacteria	Streptococcus thermophilus	Beneficial	0.03%	Low	Bad for GUT
13	Bacteria	Lactobacillus delbrueckii	Beneficial	0.02%	Low	Bad for GUT
14	Bacteria	Lactococcus lactis	Beneficial	0.014%	Low	Bad for GUT
15	Bacteria	Lactobacillus helveticus	Beneficial	0.006%	Low	Bad for GUT
16	Bacteria	Bacillus subtilis	Beneficial	0.05%	Low	Bad for GUT
17	Bacteria	Candidatus Portiera	Beneficial	0.002%	Low	Bad for GUT
18	Bacteria	Lactobacillus acidophilus	Beneficial	0.04%	Low	Bad for GUT
19	Bacteria	Bifidobacterium animalis	Beneficial	0.007%	Low	Bad for GUT
20	Bacteria	Acetobacter pomorum	Beneficial	0.023%	High	Good for GUT
21	Bacteria	Faecalibacterium prausnitzii	Beneficial	11.76%	High	Good for GUT
22	Bacteria	Succinivibrio dextrinosolvens	Beneficial	2.69%	High	Good for GUT
23	Bacteria	Pseudobutyrvibrio xylanivorans	Beneficial	2.56%	High	Good for GUT
24	Bacteria	Eubacterium eligens	Beneficial	3.39%	High	Good for GUT
25	Bacteria	Oscillibacter valericigenes	Beneficial	1.40%	High	Good for GUT
26	Bacteria	Lactocaseibacillus paracasei	Beneficial	0.03%	High	Good for GUT
27	Bacteria	Christensenella minuta	Beneficial	0.28%	High	Good for GUT
28	Bacteria	Blautia producta	Beneficial	0.26%	High	Good for GUT
29	Bacteria	Candidatus Solibacter	Beneficial	0.11%	High	Good for GUT
30	Bacteria	Anaerobutyricum hallii	Beneficial	0.63%	High	Good for GUT
31	Bacteria	Macroccoccus caseolyticus	Beneficial	0.001%	Low	Bad for GUT

 Non-Vegetarian

S.No	Domain	Taxa	Classification	Abundance percentage	Status in your report	Outcome
32	Bacteria	Acetobacter pasteurianus	Beneficial	0.001%	Low	Bad for GUT
33	Bacteria	Intestinimonas butyriciproducens	Beneficial	0.71%	High	Good for GUT
34	Bacteria	Ethanoligenens harbinense	Harmful	0.41%	High	Bad for GUT
35	Bacteria	Phascolarctobacterium faecium	Harmful	0.19%	High	Bad for GUT
36	Bacteria	Clostridium septicum	Harmful	0.26%	High	Bad for GUT
37	Bacteria	Pseudoclostridium thermosuccinogenes	Harmful	0.31%	High	Bad for GUT
38	Bacteria	Dysosmobacter welbionis	Harmful	0.35%	High	Bad for GUT
39	Bacteria	Clostridium hylemonae	Harmful	0.53%	High	Bad for GUT
40	Bacteria	Klebsiella pneumoniae	Harmful	0.92%	High	Bad for GUT
41	Bacteria	Clostridium scindens	Harmful	0.57%	High	Bad for GUT
42	Bacteria	Haemophilus parainfluenzae	Harmful	0.55%	High	Bad for GUT
43	Bacteria	Salmonella enterica	Harmful	1.05%	High	Bad for GUT
44	Bacteria	Phocaeicola dorei	Harmful	1.22%	High	Bad for GUT
45	Bacteria	Escherichia coli	Harmful	7.23%	High	Bad for GUT
46	Bacteria	Mageeibacillus indolicus	Harmful	0.25%	High	Bad for GUT
47	Bacteria	Luteitalea pratensis	Harmful	0.42%	High	Bad for GUT
48	Bacteria	Enterobacter hormaechei	Harmful	0.49%	High	Bad for GUT









Note - * sign indicates signature microbe in current clinical conditions of the person


5. Microbiome Based Disease Risk



5.1 My Disease Risk

Disease risk predictions are carried out based on your gut microbiome data using trained algorithms and matrix on supervised microbiome dataset. In case disease prediction risk is classified moderate or high indicates either you are affected by a particular disease or there is a high chance to develop. Therefore, you are requested to consult a doctor or physician to confirm the disease risk assessment. Overview of 8 common diseases linked to gut microbiome are described herewith to increase your awareness about the relationship between the gut microbiome and associated diseases.

Disease	Risk Assessment
	<p>Anxiety</p> <p>Moderate</p>
	<p>Clostridium Difficile infection</p> <p>Low</p>
	<p>Constipation</p> <p>High</p>
	<p>Crohn's Disease</p> <p>Low</p>
	<p>Depression</p> <p>High</p>
	<p>Irritable Bowel Syndrome</p> <p>Moderate</p>
	<p>Non Alcoholic fatty liver disease (NAFLD)</p> <p>Low</p>
	<p>Ulcerative Colitis</p> <p>Moderate</p>

 Non-Vegetarian



MyFood Recommendations

Non-vegetarian

6. MySmart Diet

Based on your unique gut microbiome composition, MySmart Diet recommendations are aimed to restore your gut microbiome and balance your overall microbiome. Remember that your microbiome is unique and these recommendations are applied to you. Why it is unique because some food may be beneficial to one and neutral for another and harmful for others. MySmart Diet consists of two components –

6.1 MyFood Recommendations

Based on your gut microbiome profile, food recommendations have been provided. Your food recommendations has been divided into four categories to help you to achieve optimal gut health and well being;

Superfood The most beneficial food, should be consumed on **daily basis according to food recommendations.**

Goodfood Beneficial food item, should be added in your diet on alternate days along with super foods.

Note – Super Food & alternate Good food items should be consumed on daily basis as given in section Summary of Myfood Recommendations.

Minimize Eat these food in limited amounts, can be consumed **once in a week**

Avoid Not beneficial for you and **must be avoided**

● Food items classified into 4 categories as above, also contain recommendations for Gut Restoration and Gut Maintenance phases. In case, you are not able to follow the diet charts, you should follow the food recommendations in 2 phases of diet.

✘ signs indicate that respective food items should be skipped

✓ signs indicate that respective food item should be consumed

The glycemic load (Gly) of food is a number that estimates how much the food will raise a person's blood glucose level after eating it. One unit of glycemic load approximates the effect of eating one gram of glucose. Based on this value, each meal can be divided into three categories–

Low glycemic load (Gly): 10 or less **Medium glycemic load (Gly):** 11 to 19 **High glycemic load (Gly):** 20 or higher
For optimal health, you should keep your daily glycemic load (cumulative of all meals in a day) under 100

6.2 MyDiet Charts

Based on your food recommendations, your personalised diet chart has been prepared for healthy lifestyle which is composed of following:

> **Gut Restoration phase:** Gut Restoration Phase involves bringing about a balance in your gut microbiome. Healing and restoring the microbiome happens in this stage. This includes four principles, (i) Detox, (ii) Restore (iii) Replace (iv) Reinoculate. This phase will help to reduce pathogenic microorganisms and make the gut environment more ideal for the growth of beneficial microorganisms.

> **Gut Maintenance phase:** By the time you have completed the gut restoration phase of your diet, your gut microbiome will have become stronger. You can continue following this diet as a part of a healthy lifestyle. After the completion of both restorations and maintenance, you can continue with the same maintenance diet chart with recommended diverse food. Bione recommends that do Microbiome testing every four months for strong GUT.

Note: You can follow the Diet Chart mentioned below or according to your preference, however, ensure that you include food items in your Diet according to the Food Recommendations in

7. MyFood Recommendations section.

 **Non-Vegetarian**

7. Summary of MyFood Recommendations

Summary of MyFood Recommendations The serving size for each food category is formulated based on the quantity that is ideal for you taking your BMI and medical history (if any) into consideration. It comprises seven food categories with a list of food items, quantity and frequency, which you can include in your diet plan.



1. Vegetables (52 items)

-  **15** Super Foods
-  **30** Good Food
-  **6** Minimize Food
-  **1** Avoid Food



2. Grains & Pulses (36 items)

-  **7** Super Foods
-  **24** Good Food
-  **4** Minimize Food
-  **1** Avoid Food



3. Fruits & Nuts (46 items)

-  **19** Super Foods
-  **18** Good Food
-  **5** Minimize Food
-  **4** Avoid Food



4. Herbs, Spices & Condiments (38 items)

-  **5** Super Foods
-  **32** Good Food
-  **1** Minimize Food
-  **0** Avoid Food



5. Oils & Fats (16 items)

-  **2** Super Foods
-  **8** Good Food
-  **3** Minimize Food
-  **3** Avoid Food



6. Processed Foods and Beverages (70 items)

-  **8** Super Foods
-  **10** Good Food
-  **37** Minimize Food
-  **15** Avoid Food



7. Egg, Meat & Seafood (28 items)

-  **3** Super Foods
-  **6** Good Food
-  **19** Minimize Food
-  **0** Avoid Food



Recommendations - Summary

























-  **59** Super Foods
-  **128** Good Food
-  **75** Minimize Food
-  **24** Avoid Food

 Non-Vegetarian

7.1 Vegetables



Vegetables	Gly Load	Recommendation	GR	GM
 Artichoke (आर्टीचोक) 1 med pc - 75g	8.25	Super Food	✓	✓
 Bottle gourd (गौकी) 1 med bowl(diced)-100g	0.9	Super Food	✓	✓
 Chayote / cho cho (चाउ चाउ) 1 med bowl(diced)-100g	2.25	Super Food	✓	✓
 Fenugreek leaves (कसूरी मेथी) 1 large bowl(chopped)-100g	.	Super Food	✗	✓
 Ash gourd (खैरा) 1 med bowl(diced)-100g	3	Good Food	✓	✓
 Beetroot (चुकंदर) 1 med bowl(diced)-100 g	6.4	Good Food	✓	✓
 Bok choy (बोक चोय) 1 large bowl(chopped)-100g	0.19	Good Food	✓	✓
 Broad beans (ब्रॉड बीन्स) 1 med bowl(chopped)-100g	1.26	Good Food	✓	✓
 Collard greens (कोलार्ड ग्रीन्स) 1 large bowl(chopped)-100g	1.6	Good Food	✗	✓
 Drumstick leaves (सहजन की पत्तियाँ) 1 large bowl(chopped)-100g	.	Good Food	✗	✓
 French beans (फ्रेंच बीन्स) 1 med bowl(chopped)-100g	1.29	Good Food	✓	✓
 Knol (गोल गोभी) 1 med bowl(diced)-100g	.	Good Food	✓	✓
 Pointed gourd (पटवल) 1 med bowl(diced)-100g	2.28	Good Food	✓	✓
 Radish (मूली) 1 med bowl(diced)-100g	2.08	Good Food	✓	✓
 Spinach (पालक) 1 large bowl(chopped)-100g	0.3	Good Food	✓	✓
 Tinda (टिन्दा) 1 med bowl(diced)-100g	.	Good Food	✓	✓
 Zucchini (चुकिनी) 1 med bowl(diced)-100g	0.38	Good Food	✓	✓
 Brussels sprouts (ब्रसेल्स स्प्राउट्स) 1 small bowl(chopped)-50g	0.67	Minimize	✗	✓
 Carrot (गान्जर) 1 small bowl(diced)-50g	1.95	Minimize	✗	✓
 Cluster beans (गंवार फली) 1 small bowl(chopped)-50g	1.53	Minimize	✗	✓
 Kale (केल) 1 small bowl(chopped)-50g	1.44	Minimize	✗	✓
 Okra (भिंडी) 1 small bowl(chopped)-50g	0.7	Minimize	✗	✓
 Shallots (छोटा प्याज) 1 small bowl(chopped)-50g	1.13	Minimize	✗	✓
 Sweet corn (मीठी मकई) 1 small bowl - 25g	2.47	Minimize	✗	✓

✓ Use in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance



Vegetables	Gly Load	Recommendation	GR	GM
 Arugula (आरुगुला) 1 large bowl(chopped)-100g	3.7	Super Food	✓	✓
 Capsicum (शिमला मिर्च) 1 med bowl(diced)-100g	0.46	Super Food	✓	✓
 Drumstick leaves (सहजन की पत्तियाँ) 1 pc	.	Super Food	✓	✓
 Tomato (टमाटर) 1 med bowl(chopped)-100g	0.82	Super Food	✗	✓
 Asparagus (एस्परेगस) 2 to 3 spears	0.14	Good Food	✓	✓
 Bitter gourd (करंदा) 2 pcs	0.88	Good Food	✓	✓
 Brinjal (बैंगन) 1 med bowl(diced)-100g	0.6	Good Food	✓	✓
 Chives (चावव) 1 med bowl(chopped)-100g	1.98	Good Food	✓	✓
 Cucumber (खीरा) 1 med bowl(diced)-100g	0.3	Good Food	✗	✓
 Field bean (सैन की फली) 1 med bowl(chopped)-100g	.	Good Food	✗	✓
 Gogu leaves (गोगु के पत्ते) 1 large bowl(chopped)-100g	.	Good Food	✓	✓
 Lettuce (सलाद पत्ता) 1 med bowl(chopped)-100g	0.42	Good Food	✓	✓
 Pumpkin (कद्दू) 1 med bowl(diced)-100g	2.56	Good Food	✓	✓
 Ridge gourd (बुढ़ा) 1 med bowl(diced)-100g	1.16	Good Food	✓	✓
 Taro root (अरबी) 1 small bowl(diced)-50g	10.32	Good Food	✓	✓
 Yam (जिमीकंद) 1 small bowl(diced)-50g	4.46	Good Food	✓	✓
 Broccoli (ब्रोकली) 1 small bowl(florets)-25g	0.15	Minimize	✗	✓
 Cabbage (पत्ता गोभी) 1 small bowl(chopped)-50g	0.96	Minimize	✗	✓
 Cauliflower (फूल गोभी) 1 small bowl(florets)-25g	0.36	Minimize	✗	✓
 Corn (मक्का) 1 small bowl - 25g	5.33	Minimize	✗	✓
 Mushroom (मशरूम) 2 pc	0.38	Minimize	✗	✓
 Onion (प्याज) 1 small bowl(chopped)-50g	0.45	Minimize	✗	✓
 Snake gourd (चिचिण्डा) 1 small bowl(diced)-50g	0.09	Minimize	✗	✓
 Sweet potato (शकरकरंद) 1 small bowl(diced)-25g	4.8	Minimize	✗	✓

✗ Skip in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance

🍌 Non-Vegetarian



















Vegetables	Gly Load	Recommendation	GR	GM
 Turnips (शलजम) 1 small bowl(diced)-50g	1.86	Minimize	✗	✓
 Potato (आलू) No Servings	-	Avoid	✗	✗

✓ Use in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance



















Vegetables	Gly Load	Recommendation	GR	GM
 Green chilies (हरी मिर्च) No Servings	-	Avoid	✗	✗
 Tapioca (साबुदाना) No Servings	-	Avoid	✗	✗

✗ Skip in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance

7.2 Grains & Pulses

























Grains & Pulses	Gly Load	Recommendation	GR	GM
 Amaranth (राजगिठा) 1 med bowl (cooked) -100g	5.52	Super Food	✓	✓
 Kodo millets (कोदर) 1 med bowl (cooked) -100g	8	Super Food	✓	✓
 Barnyard millets (बना के चावल) 1 med bowl (cooked) -100g	7.65	Good Food	✓	✓
 Brown rice (बाउन राइस) 1 med bowl (cooked) -100g	3.81	Good Food	✗	✓
 Chickpeas (काबुली चना) 1 large bowl(cooked)-150g	15	Good Food	✓	✓
 Foxtail millets (कंगली) 1 med bowl (cooked) -100g	10.8	Good Food	✓	✓
 Horse gram (कुलथी दाल) 1 med bowl (cooked) -100g	8.7	Good Food	✓	✓
 Little millets (कुटकी) 1 med bowl (cooked) -100g	11.4	Good Food	✓	✓
 Moth bean (मटरकी) 1 med bowl (cooked) -100g	7.8	Good Food	✗	✓
 Oats (जई) 1 med bowl (cooked) -100g	1.8	Good Food	✗	✓
 Pigeon pea (बुअर दाल) 1 med bowl (cooked) -100g	8	Good Food	✓	✓
 Proso millet (बेना बाजरा) 1 med bowl (cooked) -100g	13.5	Good Food	✓	✓
 Rye (राई) 1 med bowl (cooked) -100g	8.2	Good Food	✓	✓
 Urad (उदद दाल) 1 large bowl(cooked)-150g	5.7	Good Food	✓	✓
 Pearl millet (बाजरा) 1 small bowl(cooked)-50g	5.5	Minimize	✗	✓
 Rice flakes (फोहा) 1 small bowl(cooked)-50g	30.7	Minimize	✗	✓
 Soy bean (सोयाबीन) 1 med bowl (cooked) -75g	0.2	Minimize	✗	✓
 Wheat flour (गेहूँ का आटा) 1 tbsp - 15g	4.8	Minimize	✗	✓

✓ Use in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance

























Grains & Pulses	Gly Load	Recommendation	GR	GM
 Finger millet (रागी) 1 med bowl (cooked) -100g	3.3	Super Food	✓	✓
 Navy beans (नेवी बीन) 1 large bowl(cooked)-150g	4.5	Super Food	✓	✓
 Bengal gram (चना) 1 large bowl(cooked)-150g	4.2	Good Food	✓	✓
 Buckwheat (कुट्टु) 1 med bowl (cooked) -100g	1.77	Good Food	✗	✓
 Cowpea (लोविया) 1 large bowl(cooked)-150g	5.25	Good Food	✓	✓
 Green gram (हरा चना) 1 med bowl (cooked) -100g	7.2	Good Food	✓	✓
 Kidney beans (रजमा) 1 large bowl(cooked)-150g	6.3	Good Food	✓	✓
 Maize (मक्का का आटा) 1 med bowl (cooked) -100g	10.4	Good Food	✓	✓
 Mung bean (मूंग) 1 med bowl (cooked) -100g	7.2	Good Food	✗	✓
 Peas (मटर) 1 large bowl(cooked)-150g	5.1	Good Food	✗	✓
 Pinto beans (पिना राजमा) 1 large bowl(cooked)-150g	21.9	Good Food	✓	✓
 Red lentils (मसूर दाल) 1 med bowl (cooked) -100g	1.9	Good Food	✓	✓
 Sorghum (ज्वार) 1 med bowl (cooked) -100g	12.9	Good Food	✓	✓
 Barley (जौ) 1 small bowl(cooked)-50g	3	Minimize	✗	✓
 Quinoa (कीन-चाह) 1 small bowl(cooked)-50g	4.6	Minimize	✗	✓
 Rice puffed (मट्टुदा) 1 small bowl (raw) - 15g	12	Minimize	✗	✓
 Wheat bran (गेहूँ का चोकर) 1 small bowl(cooked)-50g	1.75	Minimize	✗	✓
 White rice (सफ़ेद चावल) No Servings	-	Avoid	✗	✗

✗ Skip in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance

7.3 Fruits & Nuts

Fruits & Nuts	Gly Load	Recommendation	GR	GM
 Amla (अमला) 2 pcs	0.15	Super Food	✓	✓
 Avocado (एवोकाडो) 1/2 pc	1	Super Food	✓	✓
 Blueberry (ब्लूबेरी) 8 to 10 pcs	0.18	Super Food	✓	✓
 Kiwi (कीवी) 2 pcs	.	Super Food	✗	✓
 Mulberry (महुआ) 6 to 8 pcs	1.62	Super Food	✓	✓
 Papaya (पपीता) 1 med bowl(diced)-100g	10.08	Super Food	✓	✓
 Ramphal (रामफल) 1 small pc	0.8	Super Food	✓	✓
 Walnut (अखरोट) 2 to 3 whole pcs	0.01	Super Food	✓	✓
 Apricot (खुबानी) 2 pcs - 100g	3.7	Good Food	✗	✓
 Cranberry (कैनबेरी) 8 to 10 pcs	5.9	Good Food	✗	✓
 Guava (अमरुद) 1 med pc - 75g	0.92	Good Food	✓	✓
 Lychee (लीची) 3 to 4 pcs	2.55	Good Food	✓	✓
 Olive (ऑलिव) 2 to 3 pcs	1.68	Good Food	✓	✓
 Plum (पेट) 1 pc	2.2	Good Food	✓	✓
 Prunes (खुसा आलुबुखारा) 3 to 4 pcs	10.14	Good Food	✓	✓
 Singada (सिंगाडा) 1 med bowl(diced)-100g	0.32	Good Food	✓	✓
 Coconut (कादिरस) 1/2 tbsp - 7.5g (grated)	0.04	Minimize	✗	✓
 Hazelnut (हैज़लनट) 3 pcs	30.93	Minimize	✗	✓
 Mango (आम) 1 small bowl(diced)-25g	0.5	Minimize	✗	✓
 Pear (बादापानी) 1 small pc - 40g	4.37	Minimize	✗	✓
 Raisins (किशमिश) 5 pcs	0.43	Minimize	✗	✓
 Strawberry (स्ट्रॉबेरी) 3 large pcs	0.01	Minimize	✗	✓
 Cashew nut (काजू) No Servings	-	Avoid	✗	✗
 Dates (खजूर) No Servings	-	Avoid	✗	✗

✓ Use in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance

Fruits & Nuts	Gly Load	Recommendation	GR	GM
 Apple (सेब) 1 med pc -75g	2.82	Super Food	✓	✓
 Blackberry (ब्लैकबेरी) 5 to 6 pcs	0.3	Super Food	✓	✓
 Dragon fruit (ड्रैगन फल) 1/2 pc	6.76	Super Food	✓	✓
 Lemon (नींबू) 2 tsp (juice) - 10g	6.5	Super Food	✗	✓
 Orange (संतरा) 1 small pc - 50g	2.1	Super Food	✓	✓
 Pistachio nut (पिस्ता) 2 pcs	1.63	Super Food	✓	✓
 Sweet lime (मौसमी) 1 small pc - 50g	0.1	Super Food	✓	✓
 Almonds (बादाम) 6 to 7 pcs	.	Good Food	✓	✓
 Cherry (चेरी) 3 to 4 pcs	2.67	Good Food	✗	✓
 Fig (अंजीर) 3 to 5 pcs	4.86	Good Food	✗	✓
 Jamun (जामुन) 7 to 8 pcs	9.6	Good Food	✓	✓
 Muskmelon (खटवूना) 1 small bowl(diced)-50g	.	Good Food	✓	✓
 Pine nut (पिननॉट) 6 to 7 pcs	2.9	Good Food	✓	✓
 Pomegranate (अनार) 1 small bowl (arils) - 50g	0.92	Good Food	✓	✓
 Sapota (चीकू) 2 small pcs - 100g	0.5	Good Food	✓	✓
 Star fruit (स्टार फल) 1 small pc - 50g	0.96	Good Food	✓	✓
 Grapes (अंगूर) 4 pcs	1.7	Minimize	✗	✓
 Jackfruit (कटहल) 1 small bowl	0.95	Minimize	✗	✓
 Peach (आड़) 1/2 pc	1.21	Minimize	✗	✓
 Pecan nut (पिकान नट्स) 1 whole pc	0.07	Minimize	✗	✓
 Raspberry (रसबेरी) 4 pcs	1.96	Minimize	✗	✓
 Banana (केला) No Servings	-	Avoid	✗	✗
 Custard apple (खीताफल) No Servings	-	Avoid	✗	✗
 Ground nut (गूंगफली) No Servings	-	Avoid	✗	✗

✗ Skip in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance




















🍌 Non-Vegetarian

7.3 Fruits & Nuts

Fruits & Nuts	Gly Load	Recommendation	GR	GM
 Pineapple (अनामस) No Servings	-	Avoid	✗	✗
✓ Use in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance				









Fruits & Nuts	Gly Load	Recommendation	GR	GM
 Watermelon (तरबूज) No Servings	-	Avoid	✗	✗
✗ Skip in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance				

7.4 Herbs, Spices & Condiments









Herbs, Spices & Condiments	Gly Load	Recommendation	GR	GM
 Ajwain (अजवायन) 1 pinch (whole) - 0.3g	0.05	Super Food	✓	✓
 Chia seeds (चिया बीज) 2 tsp (whole) - 10g	.	Super Food	✓	✓
 Flaxseeds (अलसी का बीज) 2 tsp (whole) - 10g	.	Super Food	✓	✓
 Tamarind (डमली) 2 tsp (paste) - 10g	1.14	Super Food	✗	✓
 Bay leaves (तेज पत्ता) 1 leaf	.	Good Food	✓	✓
 Celery (अजमोदे) 2 tbsp(chopped)-10g	0.04	Good Food	✓	✓
 Cloves (लौंग) 3 to 4 pcs	3.2	Good Food	✓	✓
 Coriander seeds (धनिया के बीज) 2 tsp (whole) - 10g	0.12	Good Food	✓	✓
 Curry leaves (कटी पत्ते) 2 tbsp(chopped)-10g	.	Good Food	✗	✓
 Garden cress seeds (हलीम के बीज) 2 tsp (whole) - 10g	0.48	Good Food	✗	✓
 Holy basil (तुलसी) 2 tbsp(chopped)-10g	0.18	Good Food	✓	✓
 Long pepper (पिप्पली) 2 pc	.	Good Food	✓	✓
 Mustard seeds (सरसों के बीज) 2 tsp (whole) - 10g	0.9	Good Food	✓	✓
 Nutmeg (जायफल) 1 pinch - 0.3g	.	Good Food	✓	✓
 Pumpkin seeds (कद् के बीज) 2 tsp (whole) - 10g	0.04	Good Food	✓	✓
 Star anise (चक्र फूल) 1 pc	.	Good Food	✓	✓
 Turmeric (हल्दी) 1 tbsp - 15g	.	Good Food	✓	✓
 Garlic (लहसुन) 3 cloves	.	Minimize	✗	✓
 Mint leaves (पुदीने के पत्ते) 1 tbsp(chopped)-5g	0.53	Minimize	✗	✓
✓ Use in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance				

Herbs, Spices & Condiments	Gly Load	Recommendation	GR	GM
 Asafoetida (हींग) 1 pinch - 0.3g	.	Super Food	✓	✓
 Fenugreek seeds (मेथी बीज) 2 tsp (whole) - 10g	.	Super Food	✓	✓
 Sesame seeds (तिल) 2 tsp (whole) - 10g	.	Super Food	✓	✓
 Basil (तुलसी) 2 tbsp(chopped)-5g	0.08	Super Food	✗	✓
 Cardamom (इलायची) 2 pods	.	Good Food	✓	✓
 Cinnamon (दालचीनी) 1 tsp - 5g	2.94	Good Food	✓	✓
 Coriander leaves (धनिये के पत्ते) 2 tbsp(chopped)-10g	0	Good Food	✓	✓
 Cumin seeds (जीरा) 2 tsp (whole) - 10g	0.22	Good Food	✓	✓
 Fennel seeds (सौंफ के बीज) 2 tsp (whole) - 10g	1.98	Good Food	✗	✓
 Ginger (अदक) 2 tsp (paste) - 10g	0.27	Good Food	✗	✓
 Lemon grass (लेमन घास) 1 stalk	.	Good Food	✓	✓
 Mace (जावित्री) 1 strand	.	Good Food	✓	✓
 Nigella seeds (काली जीरा) 1 tsp (whole) - 5g	.	Good Food	✓	✓
 Oregano (ओरिगेनो) 2 pinch (dried) - 0.6g	.	Good Food	✓	✓
 Rosemary (रोजमरी) 1 tbsp(chopped)-10g	1.4	Good Food	✓	✓
 Sunflower seeds (सूरजमुखी के बीज) 2 tsp (whole) - 10g	0.4	Good Food	✓	✓
 Black pepper (काली मिर्च) 2 units	0.03	Minimize	✗	✓
 Cayenne pepper (लाल मिर्च) 1 pinch - 0.3g	0.05	Minimize	✗	✓
 Red chilies (लाल मिर्च) 1 small pc	0.24	Minimize	✗	✓
✗ Skip in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance				

7.5 Oils & Fats















Oils & Fats	Gly Load	Recommendation	GR	GM
 Olive oil (ऑलिव ऑइल) 1 tsp - 5ml	.	Super Food	✓	✓
 Almond oil (बादाम तेल) 1 tsp - 5ml	.	Good Food	✓	✓
 Canola oil (कनीला तेल) 1 tsp - 5ml	.	Good Food	✓	✓
 Mustard oil (खटहो तेल) 1 tsp - 5ml	.	Good Food	✗	✓
 Sesame oil (तिल ऑइल) 1 tsp - 5ml	.	Good Food	✓	✓
 Soy bean oil (सोयाबीन ऑइल) 1/2 tsp - 2.5ml	.	Minimize	✗	✓
 Butter (मक्खन) No Servings	.	Avoid	✗	✗
 Palm oil (पाम ऑइल) No Servings	.	Avoid	✗	✗

✓ Use in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance















Oils & Fats	Gly Load	Recommendation	GR	GM
 Rice bran oil (राइस ब्रान ऑइल) 1 tsp - 5ml	.	Super Food	✓	✓
 Avocado oil (एवोकाडो का तेल) 1 tsp - 5ml	.	Good Food	✓	✓
 Ghee (घी) 1 tsp - 5g	.	Good Food	✓	✓
 Safflower oil (कुसुम ऑइल) 1 tsp - 5ml	.	Good Food	✗	✓
 Coconut oil (नारियल तेल) 1/2 tsp - 2.5ml	.	Minimize	✗	✓
 Sunflower oil (सूरजमुखी ऑइल) 1/2 tsp - 2.5ml	.	Minimize	✗	✓
 Groundnut oil (गूँफली तेल) No Servings	.	Avoid	✗	✗
 Vanaspati ghee (वनस्पति घी) No Servings	.	Avoid	✗	✗

✗ Skip in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance

7.6 Processed Foods, Drinks & Beverages






















Processed Foods, Drinks & Beverages	Gly Load	Recommendation	GR	GM
 Buttermilk (छाछ) 1 large glass - 250ml	1.44	Super Food	✓	✓
 Coconut water (नारियल पानी) 1 glass - 200ml	2.7	Super Food	✓	✓
 Yogurt (दही) 1 large bowl - 150g	0.74	Super Food	✓	✓
 Cider (साइडर) 1 tbsp - 15ml	.	Good Food	✗	✓
 Whey (व्हे प्रोटीन) 1 tbsp - 15g	.	Good Food	✓	✓
 Coconut milk (नारियल का दूध) 1 small cup - 25 ml	0.04	Minimize	✗	✓
 Cookies (कुकीज़) 1 pc - 25g	9.26	Minimize	✗	✓
 Date sugar (खजूर शक्कर) 1/2 tsp - 2.5g	0.49	Minimize	✗	✓
 Garlic bread (लहसुन युक्त रोटी) 1 slice - 50 g	15.75	Minimize	✗	✓
 Ice cream (आइसक्रीम) 1 scoop - 50g	6.12	Minimize	✗	✓
 Kimchi (किमची) 1/2 tbsp - 7.5g	.	Minimize	✗	✓
 Milk chocolate (मिल्क चॉकलेट) 1 small pc - 5g	1.23	Minimize	✗	✓
 Pasta (पार्ला) 1 small bowl(cooked)-50g	8.37	Minimize	✗	✓
 Sandwich (सैंडविच) 1 sandwich - 150g	27.72	Minimize	✗	✓






















✓ Use in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance

Processed Foods, Drinks & Beverages	Gly Load	Recommendation	GR	GM
 Cocoa powder (कोको पाउडर) 1/2 teaspoon - 2.5g	.	Super Food	✓	✓
 Kefir (केफिर) 1 glass - 200ml	.	Super Food	✓	✓
 Almond milk (बादाम का दूध) 1 small cup - 50 ml	.	Good Food	✓	✓
 Herbal Tea (औषधिक चाय) 2 small cups - 100 ml	.	Good Food	✗	✓
 Bagel (बैगल) 1/2 pc - 50g	17.64	Minimize	✗	✓
 Coconut sugar (नारियल की चीनी) 1/2 tsp - 2.5g	0.04	Minimize	✗	✓
 Crackers (ननाकीन) 1 pc - 12 g	4.75	Minimize	✗	✓
 French toast (फ्रेंच टोस्ट) 1 slice - 50 g	8.37	Minimize	✗	✓
 Honey (शहद) 1/2 tbsp - 7.5g	3.5	Minimize	✗	✓
 Jaggery (जुड़) 1/2 tsp - 2.5g	1.78	Minimize	✗	✓
 Lassi (लस्सी) 1 small glass - 100g	1.68	Minimize	✗	✓
 Noodles (नूडल्स) 1 small bowl(cooked)-50g	6.13	Minimize	✗	✓
 Rolls (रोल्स) 1 pc - 50g	.	Minimize	✗	✓
 Sauerkraut (खट्टी गोभी) 1/2 tbsp - 7.5g	0.1	Minimize	✗	✓















✗ Skip in Gut Restoration and Gut Maintenance phases
GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance















☑ Non-Vegetarian

Processed Foods, Drinks & Beverages	Gly Load	Recommendation	GR	GM
 Shrikhand (श्रीखंड) 1 tsp - 5g	0.26	Minimize	✗	✓
 Soy milk (सोया दूध) 1 small glass - 100ml	3.06	Minimize	✗	✓
 Sweetening_agent (कृत्रिम मिठास) 1 pinch - 0.3g	3.9	Minimize	✗	✓
 Tea (चाय) 1 small cup - 50 ml	0.14	Minimize	✗	✓
 Tofu (टोफू) 1 small cube - 20g	0.05	Minimize	✗	✓
 Agave syrup (अगवे सिरप) No Servings	.	Avoid	✗	✗
 Beer (बीयर) No Servings	.	Avoid	✗	✗
 Brown rice syrup (ब्राउन राइस सिरप) No Servings	.	Avoid	✗	✗
 Burger (बर्गर) No Servings	.	Avoid	✗	✗
 Candy (कैंडी) No Servings	.	Avoid	✗	✗
 Cheese (चीज़) No Servings	.	Avoid	✗	✗
 Corn syrup (कॉर्न सिरप) No Servings	.	Avoid	✗	✗
 Dark chocolate (डार्क चॉकलेट) No Servings	.	Avoid	✗	✗
 Doughnut (डोनट) No Servings	.	Avoid	✗	✗
 Jelly (जेली) No Servings	.	Avoid	✗	✗
 Maple syrup (मैपल सिरप) No Servings	.	Avoid	✗	✗
 Molasses (गुड़ चीनी) No Servings	.	Avoid	✗	✗
 Pastry (पैस्ट्री) No Servings	.	Avoid	✗	✗
 Red wine (रेड वाइन) No Servings	.	Avoid	✗	✗
 Soy sauce (सोया सॉस) No Servings	.	Avoid	✗	✗
 White Sugar (सफ़ेद चीनी) No Servings	.	Avoid	✗	✗
<p>✓ Use in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance</p>				

Processed Foods, Drinks & Beverages	Gly Load	Recommendation	GR	GM
 Sourdough bread (ब्रेड) 1 slice - 50 g	15.12	Minimize	✗	✓
 Sugarcane juice (गन्ने का रस) 1 small cup - 25 ml	2.77	Minimize	✗	✓
 Taco (टैको) 1 pc - 50g	.	Minimize	✗	✓
 Tempeh (टेम्पेह) 1 small cube - 10g	0.09	Minimize	✗	✓
 Aerated_drinks (वाष्पित पेय) No Servings	.	Avoid	✗	✗
 Alcohol (शराब) No Servings	.	Avoid	✗	✗
 Brined olives (खारे ऑलिव) No Servings	.	Avoid	✗	✗
 Brown sugar (भूरी शक्कर) No Servings	.	Avoid	✗	✗
 Cake (केक) No Servings	.	Avoid	✗	✗
 Canned fruit (ड्रिन्स बंद फल) No Servings	.	Avoid	✗	✗
 Coffee (काफी) No Servings	.	Avoid	✗	✗
 Cow milk (गाय का दूध) No Servings	.	Avoid	✗	✗
 Dessert toppings (मिठाई की टॉपिंग) No Servings	.	Avoid	✗	✗
 Jams (जाम) No Servings	.	Avoid	✗	✗
 Kombucha (कॉम्बुचा) No Servings	.	Avoid	✗	✗
 Milk shake (मिल्कशेक) No Servings	.	Avoid	✗	✗
 Paneer (पनीर) No Servings	.	Avoid	✗	✗
 Pizza (पिज़्ज़ा) No Servings	.	Avoid	✗	✗
 Skim milk (लो फ़ैट दूध) No Servings	.	Avoid	✗	✗
 Whipped Cream (विप्पड क्रीम) No Servings	.	Avoid	✗	✗
 White bread (वाइट ब्रेड) No Servings	.	Avoid	✗	✗
<p>✗ Skip in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance</p>				

7.7 Egg Meat Seafood

Egg, Meat & Seafood	Gly Load	Recommendation	GR	GM
 Surmai fish (सुरमई मछली) 1 small pc - 50g	.	Super Food	✗	✓
 Bombay duck fish (बॉम्बेई मछली) 1 small pc - 50g	.	Super Food	✗	✓
 Mackerel fish (मैकेरेल मछली) 1 small pc - 50g	.	Super Food	✗	✓
 Oysters (ओप्प) 1 to 2 med pcs	.	Super Food	✗	✓
 Salmon fish (सेलमन मछली) 1 small pc - 50g	.	Good Food	✗	✓
 Scallop (सकालोप) 1 to 2 med pcs	.	Good Food	✗	✓
 Tengra fish (टेंग्रा मछली) 1 small pc - 50g	.	Good Food	✗	✓
 Carp fish (कार्प मछली) 1 small pc - 25g	.	Minimize	✗	✓
 Chicken (चुर्नी) 1 small pc - 25g	.	Minimize	✗	✓
 Lobster (लॉबस्टर) 1 small bowl - 25g	.	Minimize	✗	✓
 Pabda Fish (पावडा मछली) 1 small pc - 25g	.	Minimize	✗	✓
 Prawn (प्रांग) 2 med pcs	.	Minimize	✗	✓
 Tilapia fish (तिलापिया मछली) 1 small pc - 25g	.	Minimize	✗	✓
 Turkey (टर्की) 1 small pc - 25g	.	Minimize	✗	✓
<p>✓ Use in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance</p>				

Egg, Meat & Seafood	Gly Load	Recommendation	GR	GM
 Barracuda fish (बाराकुडा मछली) 1 small pc - 50g	.	Super Food	✗	✓
 Egg (अंडा) 1 whole	.	Super Food	✗	✓
 Mussels (मुसक) 1 to 2 med pcs	.	Super Food	✗	✓
 Rohu fish (रोहु मछली) 1 small pc - 50g	.	Super Food	✗	✓
 Sardine fish (सार्डाइन मछली) 1 small pc - 50g	.	Good Food	✗	✓
 Snapper fish (स्नेपट मछली) 1 small pc - 50g	.	Good Food	✗	✓
 Trout fish (ट्राउट मछली) 1 small pc - 50g	.	Good Food	✗	✓
 Catla fish (कटला मछली) 1 small pc - 25g	.	Minimize	✗	✓
 Crab (केकड़ा) 1 small bowl - 25g	.	Minimize	✗	✓
 Mutton (मटन) 1 small pc - 25g	.	Minimize	✗	✓
 Pomfret fish (पापलेट मछली) 1 small pc - 25g	.	Minimize	✗	✓
 Sole fish (सोल मछली) 1 small pc - 25g	.	Minimize	✗	✓
 Tuna fish (टुना मछली) 1 small pc - 25g	.	Minimize	✗	✓
 Sushi fish (सुशी मछली) No Servings	.	Avoid	✗	✗
<p>✗ Skip in Gut Restoration and Gut Maintenance phases GLY Load: Glycemic Load, GR: Gut Restoration, GM: Gut Maintenance</p>				



MyDiet Chart

 Non-Vegetarian



Gut Restoration Diet Chart

Non-Vegetarian

8. MYDIET CHARTS

8.1 Gut Restoration Diet Chart (21 days)

Pre Breakfast

(Energy : 5 to 10 kcal)

Morning Detox Drink - Antiseptic	
Recommended Menu	Alternate Menu
<p>1. Ginger Mint Drink - 1 glass In 1 glass hot water, add 1/4 teaspoon grated Ginger + 3 to 4 Mint leaves + 1/2 teaspoon Honey and mix. Leave in glass for 5 to 10 minutes, stir and then consume.</p> <p>2. Lemongrass Drink - 1 glass In 1 glass hot water, add 1 small piece Lemon grass stalk + 1 pinch Turmeric + 1 pinch Black pepper + 1/2 teaspoon Honey and mix. Leave in glass for 5 to 10 minutes, stir, strain and then consume.</p>	<ul style="list-style-type: none"> ● Basil Lemon Drink ● Ginger Lemon Detox Water ● Clove Lemon Drink ● Cinnamon Lemon Drink
<p>Expert Comments: These morning beverages help in detoxifying the body, reduce inflammation and enhance immunity.</p>	

Breakfast (7:30 to 8:30 am)

(Energy: 300 to 325 kcal)

1. Calcium and Fiber Rich Breakfast	
Recommended Menu	Alternate Menu
<p>Finger Millet Pancakes with Green Dip along with Kefir Finger Millet Pancakes: In a bowl, to 1 small bowl Finger millet flour, add 1 pinch Turmeric + 1 pinch Cumin seeds + 1 tablespoon Bengal gram flour + 1 small cup water + Sea Salt to taste and make batter. Then pour the batter on a pan, spread it evenly to form 2 small pancakes, fry it using ½ teaspoon Olive oil and consume with 1 small bowl Green Dip: In the blender, add 1 tablespoon chopped Coriander leaves + ½ teaspoon Lemon juice + Pink Salt To Taste, blenderise and then consume with 1 small cup Kefir (ready to consume).</p>	<ul style="list-style-type: none"> ● Sorghum Pancakes with Tomato Dip along with Tender coconut water ● Pearl Millet Pancakes with Green Dip along with Herbal tea ● Moong Dal Pancakes with Tomato Dip along with Kefir
2. Colourful Gut Friendly Gut	
Recommended Menu	Alternate Menu
<p>Orange Parfait with Chia Seeds along with Green tea Orange Parfait with Chia Seeds : From 1 small bowl Yogurt, add ½ small bowl, as a layer to the bottom of the bowl, then the next layer from 1 tablespoon boiled Buckwheat, then from 1 small bowl crumbled Orange, add ½ small bowl as the next layer, followed by 1 grated Walnut and 2 grated Almonds and lastly ½ teaspoon Chia seeds. Repeat the same process again to complete 1 more round of the above 6 layers and then consume along with 1 small cup Green tea.</p>	<ul style="list-style-type: none"> ● Amaranth Pomegranate Parfait along with Herbal tea ● Strawberry Pearl Millet Parfait along with Tender coconut water ● Blueberry Foxtail Millet Parfait along with Kefir
3. Low Fat Indian Breakfast	
Recommended Menu	Alternate Menu
<p>Foxtail Millet Upma along with Fruits along with Green tea Foxtail Millet Upma: To 1 teaspoon Olive oil, add 2 to 3 Curry leaves + 1 pinch Mustard seeds + 1 teaspoon chopped Carrot + 1 teaspoon boiled and chopped Beetroot and saute for sometime. Then add 1 moderate bowl boiled Foxtail millets + 1 pinch Turmeric + Sea Salt to taste, cook for 2 to 3 minutes, garnish with 2 drops Lemon juice + 1 pinch chopped Coriander leaves and consume along with 1 small Fruit and 1 small cup Green tea.</p>	<ul style="list-style-type: none"> ● Pearl Millet Upma along with Herbal tea ● Finger Millet Upma along with Tender coconut water ● Amaranth Upma along with Kefir
<p>Expert Comments: In the Gut Restoration Phase cut down oil consumption drastically. You should make use of Olive oil in your diet in the Gut Restoration Phase, as it has anti-inflammatory properties. Not more than 4 teaspoons per day.</p> <ul style="list-style-type: none"> ● -Walnut and Chia seeds are good sources of Omega 3 Fatty Acids which help in reducing inflammation and also help in maintaining nervous system health. ● -Finger millet is a good source of Calcium which has shown to have prebiotic properties ● -Yogurt is a good source of Calcium and vitamin B12. It contains beneficial bacteria which is essential for the gut. 	

● Non-Vegetarian

Gut Restoration Diet Chart (21 days)

Lunch (12:30 to 1:00 pm)

(Energy: 325 to 350 kcal)

1. Indian Antioxidant Rich Lunch	
Recommended Menu	Alternate Menu
<p>Boiled Amaranth with Mung Dal along with Bottle Gourd Vegetable Mung Dal: To 1/2 teaspoon Olive oil, add 1 pinch Cumin seeds + 3 to 4 Curry leaves + 1 teaspoon chopped Tomato and saute. Then add 1 small bowl boiled Mung bean dal + 1 pinch Turmeric + Sea Salt to taste, cook for 3 minutes, garnish with 1 pinch chopped Coriander leaves and consume with 1 moderate bowl boiled Amaranth and 1 small bowl Bottle Gourd Vegetable: To ½ teaspoon Olive oil, add 1 pinch Mustard seeds + ½ teaspoon chopped Ginger and saute. Then add 1 small bowl diced Bottle gourd + 1 pinch Turmeric + Sea salt to taste, cook for 3 to 5 minutes and consume.</p>	<ul style="list-style-type: none"> ● Pearl Millet Khichdi with Almond Yogurt ● Barley Khichdi with Almond Yogurt ● Boiled Foxtail Millets with Mung Dal and Ash Gourd Vegetable
2. Green Indian Lunch	
Recommended Menu	Alternate Menu
<p>Boiled Pearl Millet with Spinach Dal along with Yogurt Spinach Dal: To ½ teaspoon Olive oil, add 1 pinch Cumin seeds + 1 small stick Cinnamon + 1 tablespoon chopped Tomato and saute. Then add 1 tablespoon chopped Spinach + 1 pinch Turmeric, and saute for some more time. Finally add 1 small bowl boiled Red lentils dal + 1 small cup water + Sea Salt to taste, bring to boil and consume with 1 small bowl boiled Boiled Pearl millet and 1 small bowl Yogurt.</p>	<ul style="list-style-type: none"> ● Boiled Barnyard Millets with Fenugreek Dal and Yogurt ● Boiled Amaranth with French Bean Dal and Yogurt ● Mixed Millet Khichdi with Yogurt
<p>Expert Comments: Dark coloured vegetables are good sources of folate, calcium and iron which helps in building immunity.</p> <ul style="list-style-type: none"> ● -Include fermented salad in your meals as they help to increase the count of beneficial micro-organisms. ● -You should opt for baked, steamed, boiled, grilled, roasted food preparations. ● -Spinach is a good source of Iron which is essential for blood formation. ● -Yogurt is a probiotic which has shown to provide relief from Constipation. 	

Snack (4:00 to 4:30 pm)

(Energy: 125 to 150 kcal)

Colourful Vitamin C Rich Snack	
Recommended Menu	Alternate Menu
<p>1. Grilled Taro Slices along with Tender coconut water Grilled Taro Slices: In a bowl, add 1 medium Taro root boiled and sliced + 1 pinch Cumin seeds powdered + 1 pinch Coriander seeds powdered + Pink Salt to taste and mix well. Grill for 3 to 5 minutes, add ½ teaspoon Lemon juice + ½ teaspoon Coriander leaves, mix and consume with 1 small cup Tender coconut water.</p> <p>2. Sunset Jar along with Kefir Sunset Jar: In a jar, add ½ Sweet lime crumbled as the bottom layer, then ½ pc Orange crumbled as the next layer and lastly 2 Strawberry chopped as the last layer. Garnish with 1 teaspoon Flaxseeds and 2 grated Almonds and consume with 1 small cup Kefir (ready to consume).</p> <p>3. Amla Pomegranate Salad along with Buttermilk Amla Pomegranate Salad: In a bowl, add 1 tablespoon grated Amla + 1 tablespoon Pomegranate arils + 2 teaspoon chopped Cucumber + 2 drops Lemon juice + Pink Salt to taste, mix well and consume with 1 small cup Buttermilk.</p>	<ul style="list-style-type: none"> ● Baked Vegetable Chips along with Herbal tea ● Fruit Mosaic along with Tender coconut water ● Tangy Guava Salad along with Kefir
<p>Expert Comments: Taro root, Orange, Strawberry, Sweetlime, Amla, Pomegranate are good sources of vitamin C, which helps in collagen formation that is essential in building the gut barrier.</p> <ul style="list-style-type: none"> ● -Vitamin C has shown to boost brain function. 	

Gut Restoration Diet Chart (21 days)

Dinner (7:30 to 8:30 pm)

(Energy 315 to 330 kcal)

1. Well Balanced Indian Dinner	
Recommended Menu	Alternate Menu
<p>Foxtail Millet Khichdi along with Ridge Gourd Vegetable</p> <p>Foxtail Millet Khichdi: To 1 teaspoon Olive oil, add 1 pinch Cumin seeds + ¼ teaspoon chopped Ginger + 1 tablespoon chopped Tomato and saute for sometime. Then add 1 small bowl boiled Mung bean dal + 1 tablespoon Foxtail millets + 1 pinch Turmeric + 1 pinch Coriander seeds powder + Sea Salt to taste + 2 cups water and pressure cook upto 3 whistles. Garnish with ¼ teaspoon Coriander leaves and consume along with 1 small bowl Ridge Gourd Vegetable: To 1 teaspoon Olive oil, add 1 pinch Cumin seeds + 1 tablespoon chopped Tomato and saute for sometime. Then add 1 small bowl diced Ridge gourd + 1 pinch Coriander seeds powder + Sea Salt to taste, cook for 3 to 5 minutes and consume.</p>	<ul style="list-style-type: none"> ● Amaranth Khichdi with Yogurt ● Mixed Veggie Khichdi with Yogurt ● Boiled Barnyard Millets with Lentil Dal and Beetroot Vegetable
2. Calcium Rich Dinner	
Recommended Menu	Alternate Menu
<p>Finger Millet Soup with Navy Bean Salad along with Soymilk Yogurt</p> <p>Finger Millet Soup: To ½ teaspoon Olive oil, add 1 tablespoon chopped Chives + 1 tablespoon chopped Carrot + 1 tablespoon chopped French beans + 1 small bowl roasted Finger millet flour and saute for sometime. Then add 1 pinch Turmeric + Salt to taste + 1 small bowl Vegetable stock and cook for 3 to 5 minutes. Garnish with 1 pinch chopped Coriander leaves, serve in a large bowl and consume along with 1 moderate bowl Navy Bean Salad: In a bowl, add 1 small bowl boiled Navy beans + 1 tablespoon chopped Beetroot + 1 tablespoon chopped Cucumber + 1 teaspoon chopped Capsicum + ½ teaspoon Cider + ½ teaspoon chopped Coriander leaves + Sea Salt to taste, mix and consume along with 1 small bowl Soy milk Yogurt.</p>	<ul style="list-style-type: none"> ● Pumpkin Soup with Kidney Bean Salad ● Lentil Soup with Cumin Roasted Carrot Salad ● Mixed Dal Soup with Walnut Spinach Salad
<p>Expert Comments: You should include herbs and spices like Cumin seeds, Ginger, Coriander leaves, Basil, Mint leaves which help in reducing inflammation and also have anti-microbial properties. They help in reducing the number of bad microorganisms in your gut.</p> <ul style="list-style-type: none"> ● -Calcium rich foods help in maintaining bone health. 	

Bedtime (9:30 pm)

(Energy :5 to 10 kcal)

Anti-inflammatory Drink	
Recommended Menu	Alternate Menu
<p>1. Lemongrass Decoction – 1 glass</p> <p>To 1 cup water, add 1 inch pc Lemon grass stalk + 4 to 5 Mint leaves, boil for 2 minutes, strain and then consume.</p> <p>2. Ginger Tulsi Decoction – 1 glass</p> <p>To 1 cup water, add ½ inch pc minced Ginger + few leaves of Holy basil, boil, strain then consume.</p>	<ul style="list-style-type: none"> ● Lemon Pepper Decoction ● Turmeric Mint Decoction ● Cardamom Ginger Decoction ● Tulsi Clove Decoction
<p>Expert Comments: These bedtime decoctions help in enhancing immunity and also reducing inflammation in the body.</p>	



Gut Maintenance Diet Chart

 Non-Vegetarian

Customer Name: **Abc** | Released Date: **12th August 2022**

Test ID: **MM201923XXXX** | Registration Date: **18th July 2022**

8.2 GUT MAINTENANCE DIET CHART (3 MONTHS)

Pre Breakfast

(Energy : 5 to 10 kcal)

Morning Detox Drink- Antioxidant Rich	
Recommended Menu	Alternate Menu
<p>1. Apple Cinnamon Drink - 1 glass In 1 glass hot water, add 3 to 4 slices Apple + 1 pinch powdered Cinnamon and mix. Leave in glass for 5 to 10 minutes, stir, strain and then consume.</p> <p>2. Carrot, Lemon and Ginger Drink - 1 glass In a glass hot water, add 3 to 4 slices Carrot + ½ teaspoon Lemon juice + ¼ teaspoon chopped Ginger. Leave in glass for 5 to 10 minutes, stir, strain and then consume.</p>	<ul style="list-style-type: none"> ● Amla Lemon Ginger Drink ● Bitter gourd Turmeric Drink ● Cinnamon Mint Detox Water ● Turmeric Cumin seed Detox Water
<p>Expert Comments: These morning beverages help in detoxifying the body, reduce inflammation and enhance immunity.</p> <ul style="list-style-type: none"> ● -Apple and Carrot are rich in antioxidants which help to reduce inflammation. 	

Breakfast (7:30 to 8:30 am)

(Energy :325 to 350 kcal)

1. Zinc Rich Tropical Breakfast Vegan	
Recommended Menu	Alternate Menu
<p>Tropical Granola Bowl along with Herbal Tea Tropical Granola Bowl: In a bowl, add 1 moderate bowl boiled Quinoa + 2 grated Almonds + 2 grated Walnut + 1 medium cup Almond milk + 2 tablespoon Pomegranate arils + 2 to 3 pcs chopped Blackberry + 1 teaspoon Chia seeds (soaked in water overnight), mix and consum along with 1 small cup Herbal Tea.</p>	<ul style="list-style-type: none"> ● Pearl Millet Fruit Bowl along with White Tea ● Oats Pomegranate Porridge along with Herbal Tea ● Finger Millet Nuts Porridge along with Kefir
2. Low Fat Breakfast	
Recommended Menu	Alternate Menu
<p>Steamed Oats with Veggies along with 1 small cup White Tea Steamed Oats with Veggies: To 1 teaspoon Olive oil, add 1 tablespoon chopped Onion + 1 tablespoon chopped Carrot + 1 tablespoon chopped Capsicum + 1 tablespoon chopped French beans + 1 tablespoon boiled Peas and saute for sometime. Then add 1 moderate bowl boiled Oats + Sea Salt to taste, cook for 3 to 5 min and consume with 1 small cup White Tea.</p>	<ul style="list-style-type: none"> ● Steamed Amaranth with Veggies along with Herbal Tea ● Veggie Oats Dosa and Mint Dip along with Kefir ● Steamed Pearl Millet with Veggies along with Green Tea
3. Protein Rich South Indian Breakfast	
Recommended Menu	Alternate Menu
<p>Mixed Pulse Dosa with Tomato Dip along with Fruits and Herbal Tea Mixed Pulse Dosa: Soak 2 tablespoon Mung bean dal + 1 tablespoon Pigeon pea dal + 1 tablespoon Bengal gram dal + 1 pinch Fenugreek seeds in water for 6 to 8 hours. Add this mixture in a blender, blenderise and keep to ferment for 10 to 12 hours. After it is fermented, add salt to taste and little water to make it of batter consistency. Add ½ teaspoon Olive oil on a pan and pour the batter on it evenly to form 2 large sized dosas and consume along with 1 small bowl Tomato Dip: In a blender, add 2 tablespoon chopped Tomato + ½ teaspoon chopped Coriander leaves + ½ teaspoon Lemon juice + Salt to taste, blenderise. On a pan, add ½ teaspoon Canola oil, 1 pinch Cumin seeds + 3 to 4 Curry leaves and let it splutter for 1 minute. Then add the above mixture, cook for 2 minutes and consume along with 1 small bowl Fruit and 1 small cup Herbal Tea.</p>	<ul style="list-style-type: none"> ● Mixed Millet Dosa and Sambar along with Fruits and Kefir ● Mixed Pulse Idlis and Mint Dip along with Fruits and Green Tea ● Pearl Millet Dosa and Sambar along with Fruits and Herbal Tea
<p>Expert Comments: Oil consumption should be not more than 3 to 4 teaspoon daily. You can use different oils like Olive oil, Rice bran oil, Canola oil or Avocado oil in different meals the whole day.</p> <ul style="list-style-type: none"> ● -Oats are a good source of soluble fiber which helps in increasing beneficial bacteria in the gut. ● -Almonds, Walnut are good sources of Zinc which helps in boosting energy and is essential in Neurodegenerative Diseases. 	

● Non-Vegetarian

8.2 GUT MAINTENANCE DIET CHART (3 MONTHS)

Lunch (12:30 to 1:00 pm)

(Energy :350 to 375 kcal)

1. Antioxidant Rich Lunch	
Recommended Menu	Alternate Menu
<p>Boiled Brown Rice with Tomato Gravy along with Yogurt Tomato Gravy: To 1 teaspoon Canola oil, add 1 pinch Cumin seeds + ½ inch Cinnamon stick + 1 pc Bay leaves + 1 small bowl chopped Tomato + ¼ teaspoon chopped Ginger and saute for sometime. Then add 1 small bowl boiled Red lentils + 1 pinch Turmeric + 1 pinch Coriander seeds powder + Sea Salt to taste + 1 small cup water, cook for 3 minutes, garnish with ½ teaspoon Coriander leaves and consume with 1 small bowl Brown rice along with 1 small bowl Yogurt.</p>	<ul style="list-style-type: none"> ● Boiled Brown Rice with Bottle Gourd Dal along with Yogurt ● Boiled Brown Rice with Spinach Gravy along with Yogurt ● Boiled Brown Rice with Mix Vegetable Gravy along with Yogurt
2. Probiotic Rich Indian Lunch	
Recommended Menu	Alternate Menu
<p>Boiled Quinoa with Plain Kadhi along with Okra Vegetable Plain Kadhi: To ½ teaspoon Canola oil, add 3 to 4 Curry leaves + 1 pinch Cumin seeds + 1 pinch Mustard seeds + ¼ teaspoon chopped Ginger and allow to splutter. Then add 2 tablespoon whisked Yogurt + 1 pinch Turmeric + 1 small bowl water + Sea Salt to taste, cook for 3 minutes, garnish with 1 pinch chopped Coriander leaves and consume with 1 small bowl boiled Quinoa along with 1 moderate bowl Okra Vegetable: To ½ teaspoon Canola oil, add 1 small bowl sliced Okra and saute for sometime. Then add 1 pinch Cumin seeds powder + 1 pinch Cardamom powder + 1 pinch Fennel seeds powder + 1 pinch Turmeric + 1 tablespoon chopped Tomato + Sea Salt to taste, cook for 3 minutes and consume.</p>	<ul style="list-style-type: none"> ● Boiled Brown Rice with Sorghum Bhakri with Kadhi along with French Beans Vegetable ● Boiled Quinoa with Yogurt along with Spinach Mung Bean Vegetable ● Boiled Amaranth with Kadhi along with Beetroot Vegetable
<p>Expert Comments: Tomato contains Lycopene which has shown to have antioxidant and neuroprotective properties which is beneficial for patients suffering from Neurodegenerative Diseases.</p> <ul style="list-style-type: none"> ● -Okra contains soluble fiber and has shown to have beneficial effects on the gut microbiome. 	

Snack (4:00 to 4:30 pm)

(Energy: 150 to 175 kcal)

Colourful Antioxidant and Fiber Rich Snack	
Recommended Menu	Alternate Menu
<p>1. Sorghum Puffs with Vegetables along with Tender Coconut Water Sorghum Puffs with Vegetables: In a bowl, add 1 large bowl puffed Sorghum + 1 tablespoon chopped Cucumber + 1 tablespoon chopped Beetroot + ½ teaspoon Lemon juice + ½ teaspoon chopped Coriander leaves + 1 teaspoon Flaxseeds + Pink Salt to taste, mix and consume with 1 small cup Tender coconut water.</p> <p>2. Tricolour Fruit Jar along with Kefir Tricolour Fruit Jar: In a small sized jar, add 1 tablespoon mashed Kiwi as the bottom layer, then add 2 tablespoon Hung Yogurt as the next layer, after that add 1 tablespoon crumbled Orange as the third layer and lastly sprinkle 2 mashed Pistachio nut on the top and consume along with 1 small cup Kefir (ready to consume).</p> <p>3. Bottle Gourd Kebabs with Yogurt Dip along with Green Tea Bottle Gourd Kebabs: In a bowl, add 1/4 small pc steamed (drain water completely) and mashed Bottle gourd + 1 teaspoon Bengal gram flour + 1 pinch Cumin seeds + 1 pinch powdered Coriander seeds + Sea Salt to taste, mix into dough and shape into 2 small kebabs. Shallow fry the kebabs in 1/2 teaspoon Canola oil and consume with 1 tablespoon Yogurt Dip: In a bowl, add 1 tablespoon Hung Yogurt + ½ teaspoon roasted and powdered Cumin seeds + 2 drop Lemon juice + 1 pinch Pink Salt, mix well and consume with 1 small cup Green Tea.</p>	<ul style="list-style-type: none"> ● Multigrain Khakhra Chaat along with Herbal Tea ● Fruit Salad with Green Tea ● Mixed Vegetable Kebab with Tomato Dip along with Kefir
<p>Expert Comments: Vegetables and fruits are rich sources of fiber and antioxidants and help in reducing inflammation.</p> <ul style="list-style-type: none"> ● -Fiber rich foods help in regularising bowel movement. 	

Gut Microbiome Maintenance: 3 months

Dinner (7:30 to 8:30 pm)

(Energy 315 to 340 kcal)

1. Potassium Rich Dinner	
Recommended Menu	Alternate Menu
<p>Boiled Brown Rice with Whole Mung Gravy along with Minty Cucumber Salad and Yogurt Whole Mung Bean Gravy: To 1 teaspoon Canola oil, add 1 pinch Cumin seeds + 2 cloves Garlic minced + 1 tablespoon chopped Tomato and saute for sometime. Then add 1 small bowl boiled Mung bean + 1 pinch Turmeric + 1 pinch powdered Cinnamon + 1 pinch Coriander seeds powdered + Sea Salt to taste and cook for 3 to 5 minutes. Garnish with 1/2 teaspoon chopped Coriander leaves + ½ teaspoon Lemon juice and consume along with 1 small bowl Boiled Brown rice and 1 small bowl Minty Cucumber Salad: In a bowl, add 1 medium Cucumber diced + 3 to 4 Mint leaves chopped + 1/2 teaspoon Cider + Pink Salt to taste, mix and consume with 1 small bowl Yogurt.</p>	<ul style="list-style-type: none"> ● Boiled Brown Rice with Lentil Curry along with Fenugreek Vegetable ● Mung Spinach Khichdi along with Yogurt ● Brown Rice along with Mix Spice Dal and Yogurt
2. Gut Friendly Colourful Dinner	
Recommended Menu	Alternate Menu
<p>Healing Bowl with Colourful Salad with Kidney beans along with Soy Milk Yogurt Healing Bowl: To ½ teaspoon Olive oil, add 1 tablespoon chopped Onion + 2 cloves Garlic minced + 1 teaspoon chopped Carrot + 1 tablespoon chopped Spinach + 1 teaspoon chopped Beetroot + ½ teaspoon chopped Ginger + 1 grated Walnut and saute for sometime. Then add 1 moderate bowl boiled Quinoa + 1 pinch Black pepper powder + 1 pinch Oregano + Sea Salt to taste + 1 small cup water, cook for 3 to 5 minutes and consume 1 small bowl Colourful Salad with Kidney beans: In a bowl, add 1 small bowl boiled Kidney beans + 1 tablespoon chopped Cabbage + 1 tablespoon chopped Cucumber + ½ teaspoon Cider + ½ teaspoon Virgin Olive oil + ½ teaspoon Coriander leaves, mix and consume with 1 small bowl Soy milk Yogurt.</p>	<ul style="list-style-type: none"> ● Boiled Quinoa with Chickpea Gravy and Spinach Vegetable ● Amaranth with Green Gravy and Cabbage Vegetable ● Boiled Brown Rice with Fenugreek Dal and Beetroot Vegetable
<p>Expert Comments: Potassium has shown to have beneficial effects on the gut microbiome.</p> <ul style="list-style-type: none"> ● -Mint leaves have shown to provide relief from gastric distress. ● -Ginger has been found to boost the count of beneficial bacteria in the gut. 	

Bedtime (9:30 pm)

(Energy :5 to 10 kcal)

1. Gut Stabiliser Drink	
Recommended Menu	Alternate Menu
<p>1. Cumin Fennel Decoction - 1 glass To 1 glass hot water, add 1/2 teaspoon Cumin seeds + ½ teaspoon Fennel seeds, boil for 2 minutes, strain and consume.</p> <p>2. Fennel Ajwain Decoction - 1 glass In 1 glass hot water, add 1 teaspoon Fennel seeds + ½ teaspoon Ajwain, boil for 2 minutes, strain and consume.</p>	<ul style="list-style-type: none"> ● Cumin Ginger Decoction ● Fennel Turmeric Decoction
<p>Expert Comments: These bedtime decoctions help in enhancing immunity and also reducing inflammation in the body.</p>	

 The diet charts planned above contain Non Vegetarian food

9. Food Supplements

Probiotics -

Probiotics are live microbes that are good for you, especially your digestive system. These are often called "good" or "helpful" bacteria because they help keep your gut healthy. Based on your MyMicrobiome report, you can supplement your diet with one or multiple of commercial probiotic products including- **(after consulting with your clinician)**



Product Name - Bione Probiotics & Prebiotics Plus with 30 Billion CFUs

Servings - 1 Capsule per day

Note 1 - Consume a capsule everyday, at least 30 min after the dinner.

Note 2- Any probiotic product should be taken at the recommended dose (as prescribed by your clinician) for at least four weeks while monitoring the effect.

Prebiotics -

Prebiotics are food components that promote the growth or activity of beneficial microorganisms (bacteria and fungi) in your gut. Prebiotics are types of fiber that humans cannot digest, but your gut bacteria can. It provides nutrients to the gut bacteria that support healthy digestion and immune function. Based on your MyMicrobiome report, you can include following food items as prebiotics-

- Vegetables - Carrot, Onion, Shallots
- Herbs, Spices & Condiments - Flaxseeds, Garlic, Turmeric, Long pepper
- Grains - Finger millet, Barley, Red lentils
- Fruits and Nuts - Apple, Watermelon, Almonds,

Polyphenols -

These are micronutrients mostly found in colorful plant based foods (fruits & vegetables), being packed with antioxidants and potential health benefits. You may include following food items in your daily diet which are rich source of polyphenols-

- Vegetables - Artichoke, Spinach
- Fruits & Nuts - Blackberries, Jamun, Pomegranate

Digestive support -

You may include other food supplements such as peppermint, psyllium, spices which help in digestion or act as laxatives. Furthermore, food items such as Dandelion, Ginger and bitters (bitter tasting herbs) can be taken based on requirements which stimulate secretion of digestive enzymes such as pepsin, pancreatin, protease and lipase in the body. Alternatively, you can take commercially available products such as **Lupizyme Plus Syrup, Bestozyme Capsule etc.**

10. Bione Methodology

MyMicrobiome test utilizes faecal samples as a source to extract high quality microbial community DNA using metagenomic DNA extraction kit. High quality mgDNA was analysed on agarose gel and quantified by using Qubit fluorometer. To get insight into microbial community composition, metagenome sequencing is being performed using a long read NGS platform. The metagenome sequence data was processed using Bione's proprietary bioinformatics pipeline (Bione_AI_Gut_v3.3) to obtain taxonomic classification and abundance profile. The unique microbiome fingerprints was further classified to assess the overall gut health. Personalised food recommendation and diet chart (MySmart Diet) was prepared using AI driven algorithms based on gut microbial composition of the person. A comprehensive MyMicrobiome report (in PDF format and Bione's mobile App) is provided to customers which consists of personalised food recommendation and diet charts (MySmart diet) and overall assessment of gut health based on gut microbiome.

11. Method Limitation

Bione uses NGS technology to sequence and analyse thousands of microbial taxa corresponding to your gut microbiome. However, these NGS platforms possess indigenous limitations which are beyond the control and affect overall data analysis and predictions. Fecal sample heterogeneity itself is a limitation which can show variable results for the same person in course of time. It is to be noted that identification of certain pathogens by this test does not mean having a disease. Similarly not detecting a microorganism by this test does not exclude the presence of a disease causing microorganisms. Further other organisms can be present that are not detected by this test due to limitation of current scientific knowledge. Results are qualitative and identification of presence or absence of microorganisms is based on an annotated organism database. Bione regularly monitors and updates Microbiome databases and when there is sufficient information about a particular organism related to human gut. Thus, notably this test is not a replacement of established methods for diagnosis of different diseases.

12. Disclaimers

This report belongs to the person whose specimen was collected and should not be used by any other person in family or relatives. This is not a diagnostic report and the information is not intended to be used by the customer for any diagnostic purpose and is not a substitute for professional medical advice. You should always seek the advice of your physician, clinician, dietician, nutritionist or other healthcare providers with any questions you may have regarding diagnosis, cure, treatment, mitigation, or prevention of any disease or other medical condition or impairment or the status of your health. The report is limited to provide insight about your gut microbiome, food recommendations and diet plan to improve your gut health. Also we would like to bring to your attention that each person has a unique genetics and microbiome composition leading to differences in a person's resistance, immunity, sensitivity and response to food, nutrition and medication as well as disease management. Your Mymicrobiome report does not consider your past and existing health conditions or a medication taken by you, even if it is shared with us. The disease indication in the report is based on the role of gut microbiome in several diseases, which have been identified and validated by the scientific community of microbiome and others. Therefore, the report does not cover all clinically relevant microbes and diseases. Regular scientific updates on microbiome finding on human health and disease management are being discovered regularly, hence it is important to note that the interpretation of your result which has been reported may or may not be altered with updated information. Bione processes all samples with utmost care by complying with standard operating procedures as per ISO 9001:2015 and Bione can not be held responsible in any manner for any findings in this report and disclaims any responsibility for any limitation and error, including but not limited to human errors in reporting or heterogeneity of stool samples or limitation of DNA extraction, library preparation and sequencing technologies and we do not make any warranties related to specific purpose and accuracy.

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