Post-FMT Lifestyle Guide

SUPPORTING LONG-TERM GUT HEALTH & ENGRAFTMENT

FMT is one part of the journey. Long-term lifestyle habits may help support microbiome diversity, stability, and overall health outcomes after treatment. Small, consistent changes can make a meaningful difference over time.

DIET FOCUS ON DIVERSITY — DIET MAY ACCOUNT FOR ~57% OF GUT MICROBIOTA ALTERATIONS

Diet is essential for overall health and for the survival of the trillions of microbes in our gut microbiome, and dietary changes can alter the composition of the microbiota within 24-48 hours. So, while genetics influences the gut microbiome, research has shown that diet is the primary factor shaping it, accounting for up to 57% of alterations in the gut microbiota.

So, what is the most important factor in a diet to help with gut health? The short answer is diversity! A diverse diet, including a wide variety of whole foods, including vegetables, fruits, nuts and seeds with a healthy amount of fats and proteins, is associated with greater microbiota diversity and stability. A goal after FMT should be to expand the diet to include as many types of food as possible. The goal is to slowly increase diet, and as a benchmark, we recommend trying to consume at least 50 different foods in a given week. The main reason for this is that the more diverse the diet, the more diverse the microbiome!

GOALS

- Aim for at least 50 different foods per week
- Focus on a wide variety of foods
- Permanent dietary changes happen slowly. For restrictive diets, start with 1 to 2 new foods a week.

FOOD GROUPS TO ROTATE

- Vegetables
- Fruits
- Whole grains
- Legumes
- Nuts and seeds
- Herbs and spices

TIPS TO GET STARTED

- Add one new plant food each grocery trip
- Rotate foods instead of eating the same meals daily
- Include different colours of produce throughout the week
- Try mixed salads, soups, grain bowls, and smoothies for easy variety

PHYSICAL ACTIVITY REGULAR MOVEMENT MAY POSITIVELY IMPACT GUT MICROBIOME COMPOSITION AND DIVERSITY

While we all know that physical activity can help us stay healthy and reduce the risk of many chronic diseases, did you know that physical activity can also benefit your gut health? Recent research has shown that physical activity can have a positive impact on the composition and diversity of the gut microbiome and reduce inflammation which can lead to improved health outcomes.

While any type of physical activity will have a positive impact on gut health, studies suggest that moderate-intensity aerobic exercise may be particularly effective. Whether it's a short walk after dinner or a gym session, the key is to incorporate physical activity into your daily life, as a sedentary lifestyle is associated with reduced microbial diversity and a higher incidence of chronic disease.

GOALS

- Prioritize consistent movement over perfection.
- Moderate-intensity aerobic exercise may provide the greatest benefit
- Motivate your microbiome with movement! A sedentary lifestyle is associated with reduced microbial diversity and a higher incidence of chronic disease.

EXAMPLES

- Walking
- Cycling
- Swimming
- Jogging
- Hiking
- Dance or fitness classes

TIPS TO GET STARTED

- Aim for movement most days of the week
- Start with short walks after meals
- Choose activities you enjoy and can maintain long- term
- Gradually increase duration and consistency

SLEEP SUPPORTS CIRCADIAN RHYTHM REGULATION, IMMUNE FUNCTION, RECOVERY, AND GUT HEALTH

Sleep is one of the most important, yet often overlooked, factors influencing overall health, inflammation, immune function, and the gut microbiome. Research has shown that poor sleep and irregular sleep patterns can negatively impact the composition and diversity of the gut microbiota, while healthy sleep may help support microbial balance, recovery, and long-term health outcomes.

One of the most important aspects of healthy sleep is consistency and alignment with natural light-dark cycles. Our bodies are designed to respond to sunlight during the day and darkness at night, helping regulate circadian rhythms, hormones, metabolism, and gut health. A goal after FMT should be to maintain a regular sleep schedule, get natural sunlight exposure during the day, and reduce screen time and artificial light exposure before bed to help support healthy sleep quality and gut health.

GOALS

- Aim for consistent, high-quality sleep
- Align sleep with natural light-dark cycles
- If you have trouble sleeping, start a sleep journal to help track patterns.

TIPS TO GET STARTED

- Get natural sunlight exposure in the morning
- Keep a consistent sleep and wake schedule
- Reduce screens and bright light before bed
- Create a dark, cool, quiet sleeping environment

ENVIRONMENTAL TOXINS REDUCING HARMFUL EXPOSURES MAY HELP SUPPORT OVERALL HEALTH

One way to support your gut microbiome is to remove any harmful sources within your environment, such as mold, pesticides and heavy metals. Environmental toxins are known to damage the gut microbiome and could affect the survival of the new gut microbiomes after FMT.

COMMON EXPOSURES TO REVIEW

- Mould
- Pesticides
- Heavy metals
- Smoke exposure
- Harsh household chemicals

TIPS TO GET STARTED

- Improve indoor air quality and ventilation
- Wash produce thoroughly
- Address visible mould or water damage promptly
- Use water filtration if appropriate
- Reduce unnecessary chemical and fragrance exposure

Big Take Away

- Long-term gut health is built through consistent daily habits. Focus on gradual, sustainable lifestyle changes rather than perfection.
- Supporting diet diversity, movement, sleep, and environmental health may help create a stronger foundation for overall wellness after FMT.

Disclaimer: Novel Biome is a contract manufacturer of FMT products, providing high-quality FMT products to physicians. The information provided in this document should not be considered medical advice and is based on Novel Biome's understanding of their FMT products and past experience treating patients with FMT. Our hope is that this information helps as a starting point for physicians. If you have more questions, comments or concerns with these instructions, please email us at support@novelbiome.com.

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FMT Food Guide
Top 100+ Foods

THE IMPORTANCE OF DIET DIVERSITY POST-FMT

One of the most important goals after FMT is to gradually increase diet diversity by introducing a wide variety of whole foods, particularly plant-based foods rich in fibre and phytonutrients. Different microbes thrive on different nutrients, meaning the more diverse the diet, the more diverse the microbiome may become. The foods below are examples of nutrient-dense foods that may help support microbiome diversity and overall health as part of a balanced post-FMT lifestyle.

Goal: Try to consume at least 50 different foods per week. **The more diverse the diet, the more diverse the microbiome!**

● FODMAP friendly | ✓ Prebiotic food source | Choose organic, locally grown, wild-harvested when available.

SOME GREAT FOODS TO HELP FEED THE MICROBIOME (BUT ARE NOT LIMITED TO):

VEGETABLES

- ✓ Asparagus
- ✓ Broccoli (florets)
- ✓ Cauliflower
- ✓ Collard Greens
- ● Eggplant
- ✓ Leeks
- ✓ Green Onions
- ✓ Bell Peppers (red/ green)
- ✓ Rutabaga
- ✓ Swiss Chard
- Yams
- ✓ Yams (cooked & cooled)
- ✓ Artichoke
- ✓ Brussels Sprouts
- ● Carrots
- ✓ Celery
- ✓ Cucumber
- ✓ Kale
- ✓ Lettuce
- ✓ Parsnips
- ✓ Radish
- ✓ Spinach
- ✓ Tomatoes
- Zucchini/Courgette

PROTEINS

- ● Anchovies
- ● Eggs
- ● Lamb (fresh)
- ● Salmon (wild)
- ● Shrimp
- ● Tempeh
- ● Rainbow Trout
- ● Beef (fresh)
- ● Tuna (skipjack/light)
- ● Scallops (wild)
- ● Chicken (fresh)
- ● Herring
- ● Pork (fresh)
- ● Sardines
- ● Tofu or Tempeh
- ● Turkey
- ● Cod
- ● Mackerel (Pacific)
- ● Crab (Dungeness/ Snow)
- ● Oysters

MUSHROOMS

- ✓ Oyster mushrooms
- ✓ Dried porcini
- ✓ Shiitake
- White button
- Chanterelles

DAIRY & FERMENTED

- ● Butter/Ghee
- ● Hard cheese (aged)
- Kombucha
- Pickles (fermented)
- Yogurt (plain, probiotic)
- Goat/Sheep Feta
- Kefir (plain)
- Miso
- Sauerkraut
- Kimchi

GRAINS & PSEUDO-GRAINS

- ✓ Buckwheat
- ✓ Pumpernickel Bread
- ✓ Oats
- Rice (white/brown/wild)
- ✓ Rice (cooled & reheated)
- ✓Sourdough Bread
- ●Millet
- ✓ Quinoa
- ✓ Teff

NUTS & SEEDS

- ✓ Almonds
- ● Coconut
- ● Hazelnuts
- ● Macadamia nuts
- ●Pumpkin seeds
- ● Brazil nuts
- ✓ Flaxseed
- ● Hemp Seeds, hulled
- ● Pecans
- ● Sunflower seeds

FATS, OILS & CONDIMENTS

- ● Coconut oil (virgin)
- ● Avocado oil
- ● Infused olive oils
- ● Coconut aminos
- ● Olive oil (extra virgin)
- ● Apple cider vinegar
- ● Fresh ginger
- ● Dijon mustard (no sugar)

HERBS & SPICES

- ● Basil (fresh/dried)
- ● Cinnamon
- ● Cumin
- ● Curry powder (no sugar)
- ● Rosemary
- ● Thyme
- ● Black pepper
- ● Cloves
- ● Curry leaves
- ● Dill
- ● Turmeric
- ● Sea salt/ Himalayan salt

FRUITS

- ✓ Avocado
- ✓ Blueberries
- ✓ Grapefruit
- ✓ Lemons
- ● Oranges
- ✓ Green Apples
- ● Cantaloupe
- ✓ Kiwifruit
- ✓ Limes
- ✓ Strawberries

LEGUMES & PULSES

- ✓ Adzuki beans (canned)
- ✓ Butter beans (canned)
- ✓ Edamame (frozen)
- ✓Pinto beans (canned)
- ✓ Black beans (canned)
- ✓ Chickpeas (canned)
- ✓ Lentils (canned)
- ✓ Split peas (cooked)

Make sure to speak with your doctor about the best diet to follow based on your medical condition and history.

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