

VIOME

VIOME

GREENFIELD'S RESULTS

Dear Greenfield,

The optimal way to experience Viome is through our state-of-the-art, AI-driven iOS app and our web interface. We are an exclusively online service, and our goal is to provide the benefit of ongoing results and recommendations, rather than information from one specific point in time.

However, based on customer feedback, we've decided to offer a PDF version of your results and recommendations. We hope that this will enable you to share these valuable insights with your physician or loved ones.

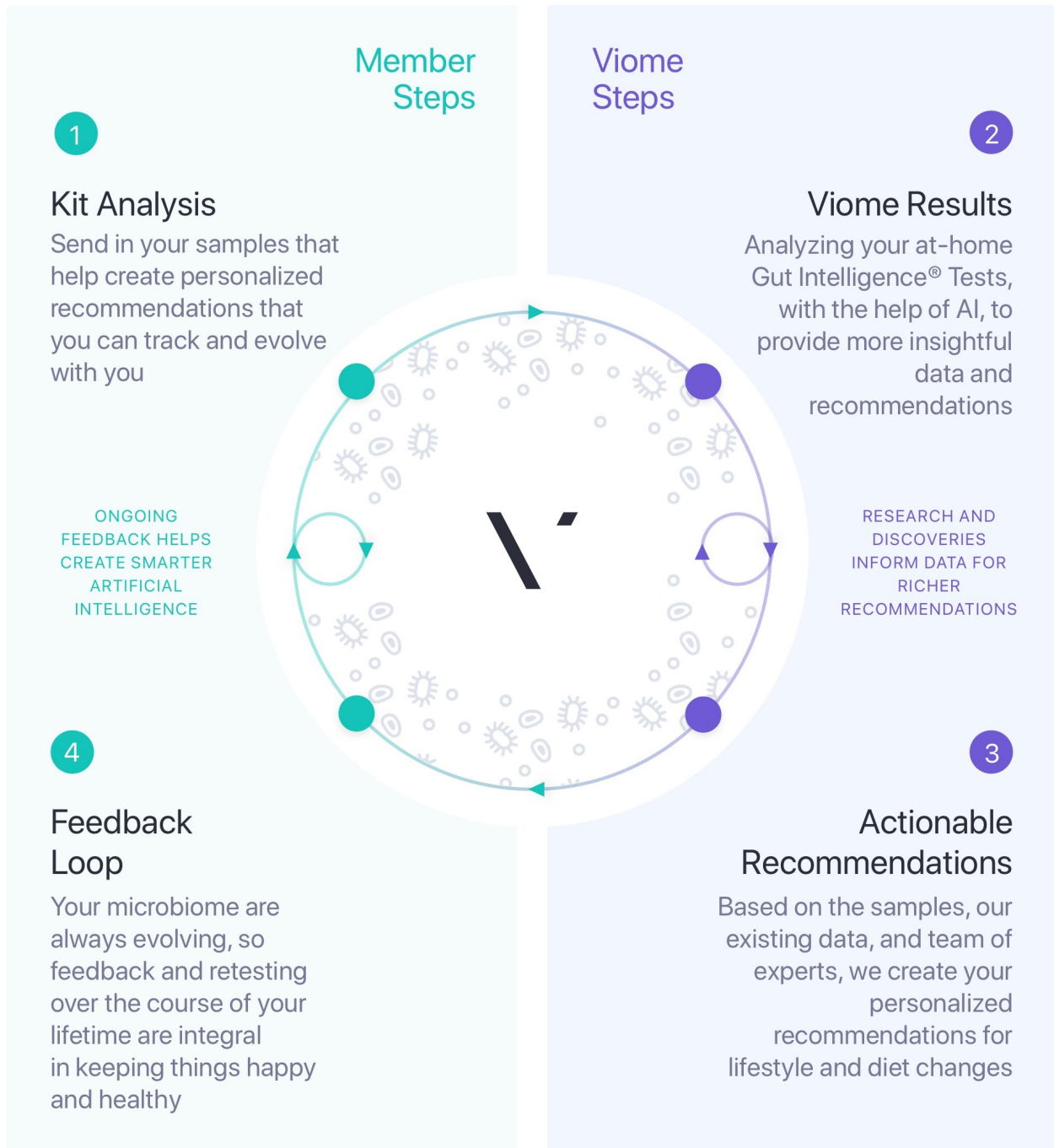
Viome recommendations are not evaluated or approved by FDA and are not required to be approved by FDA. The recommended supplements are intended to support general well-being and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease. If conditions persist, please seek advice from your medical doctor.





The Viome Cycle

Your insights grow and learn with your gut





Microbiome Overview

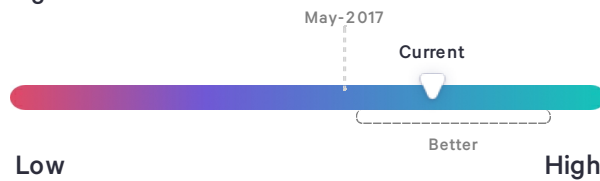
Your microbiome is a little out of balance.

- You have average beneficial microbial activity.
- You have average unhealthy microbial activity.
- You have an average variety of microbial activities.
- Microbial butyrate pathway analysis indicates: butyrate production is average and potential to produce is average.

Good

Metabolic Fitness

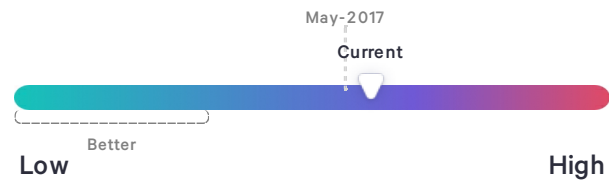
Your microbiome's activities and functions related to weight and blood sugar regulation. Aim for a higher score.



Average

Inflammatory Activity

Your microbiome's activities and functions related to inflammation. Aim for a lower score.





Your Gut Ecosystem

Your microbiome's richness and diversity

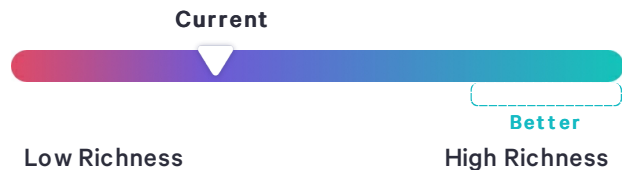
The types of bacteria that live inside you greatly affect your health and well-being. So it's important to have both **richness** and **diversity** of bacteria in addition to a **healthy gut lining**.

A well-balanced microbiome is an active ecosystem rich with a variety of organisms performing beneficial functions and minimizing harmful activities.

Needs Improvement

Microbial Richness

The **total number** of strains of different bacteria in your gut microbiome. Just like the number of different plants and trees in a rain forest.



Good

Microbial Diversity

The **distribution** of active bacteria from each strain in your gut microbiome. Think of your gut as if it were a rain forest – a diverse ecosystem of active bacteria. A diverse ecosystem creates resilience.



Good

Gut Lining Shedding

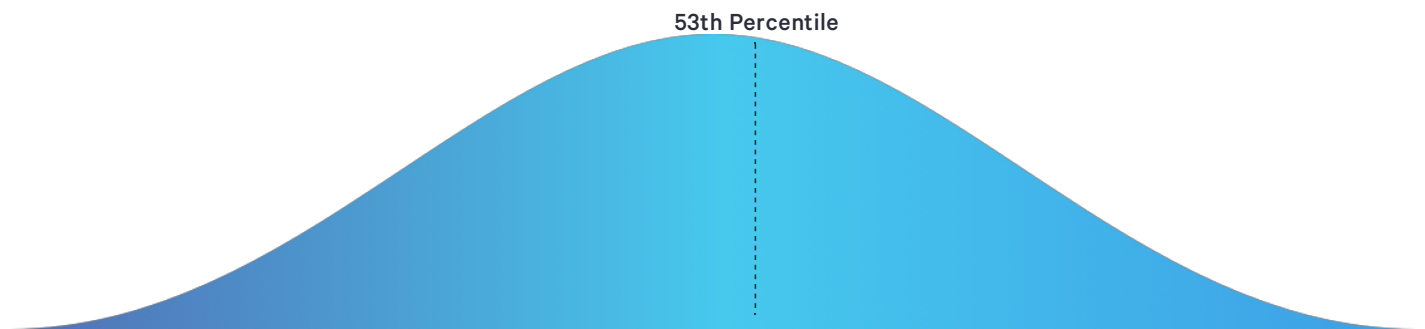
Gut lining RNA is the amount of human RNA found in your sample. The intestine regenerates every five to seven days. Continual cell turnover allows the gut lining to withstand the constant wear and tear it suffers while breaking down food, absorbing nutrients and eliminating waste.





Activity Summary

All your active microbes



Your number of active microbes – **126** – puts you in the 53th percentile compared to other Viome users.

Check if you have more beneficial microbes below and view your Microbiome Overview to see how your microbes are working together.

Meet the beneficial microbes that are helping you

These microbes are significant because they can process and transform what you eat, affect the gut lining and communicate with immune, neurological, digestive, detox and other systems.

Faecalibacterium prausnitzii A2-165 B Bacterium	<div><div></div></div>	Highly Active
Ruminococcus gauvreauii DSM 19829 B Bacterium	<div><div></div></div>	Highly Active
Ruminococcus sp. JC304 B Bacterium	<div><div></div></div>	Highly Active
Streptococcus thermophilus B Bacterium P Probiotic	<div><div></div></div>	Highly Active
[Eubacterium] siraeum DSM 15702 B Bacterium	<div><div></div></div>	Highly Active



Your Microbes

All your active microbes compared to male and female



	Activity	Male	Female
Acetivibrio ethanolignens strain ACET-33324 B Bacterium			
Acinetobacter baumannii 855125 B Bacterium			
Acinetobacter baumannii strain XH753 B Bacterium			
Adlercreutzia equolifaciens DSM 19450 B Bacterium			
Alistipes finegoldii B Bacterium			
Alistipes ihumii AP11 B Bacterium			
Alistipes indistinctus YIT 12060 B Bacterium			
Alistipes obesi B Bacterium			
Alistipes putredinis DSM 17216 B Bacterium			
Alistipes senegalensis JC50 B Bacterium			
Alistipes shahii WAL 8301 B Bacterium			



Alistipes sp. Marseille-P2431 sp. Marseille-P2431 B Bacterium			
Alistipes timonensis JC136 B Bacterium			
Anaerotruncus colihominis DSM 17241 B Bacterium			
Bacteroides caccae B Bacterium			
Bacteroides cellulosilyticus DSM 14838 B Bacterium			
Bacteroides eggerthii DSM 20697 B Bacterium			
Bacteroides finegoldii B Bacterium			
Bacteroides fragilis B Bacterium			
Bacteroides intestinalis strain KLE1704 B Bacterium			
Bacteroides massiliensis B84634 = Timone 84634 = DSM 17679 = JCM 13223 B Bacterium			
Bacteroides massiliensis dnLKV3 B Bacterium			
Bacteroides sp. 4_1_36 B Bacterium			
Bacteroides sp. D20 B Bacterium			
Bacteroides sp. HMSC067B03 B Bacterium			
Bacteroides timonensis AP1 B Bacterium			
Bacteroides uniformis B Bacterium			



Bacteroides vulgatus B Bacterium			
Barnesiella intestinihominis YIT 11860 B Bacterium			
Beet curly top virus V Virus			
Bifidobacterium animalis B Bacterium			
Blastocystis hominis isolate B E Eukaryote			
Blastocystis sp. ATCC 50177/Nand II E Eukaryote			
Blautia hydrogenotrophica B Bacterium			
Blautia massiliensis sp. GD8 B Bacterium			
Blautia obeum ATCC 29174 B Bacterium			
Blautia producta strain ER3 B Bacterium			
Blautia sp. Marseille-P3087 sp. Marseille-P3087 B Bacterium			
Butyricimonas virosa DSM 23226 B Bacterium			
Candidatus Methanomethylophilus alvus Mx1201 A Archaeon			
Clostridia bacterium UC5.1-1D1 B Bacterium			
Clostridiales bacterium KLE1615 B Bacterium			
Clostridiales bacterium VE202-01 B Bacterium			



Clostridiales bacterium VE202-03 B Bacterium			
Clostridium baratii strain 2789STDY5834907 B Bacterium			
Clostridium phoceensis strain GD3 B Bacterium			
Clostridium sp. L2-50 B Bacterium			
Collinsella aerofaciens ATCC 25986 B Bacterium			
Coprococcus comes B Bacterium			
Desulfovibrio piger ATCC 29098 B Bacterium			
Desulfovibrio piger isolate DESPIGER1 B Bacterium			
Desulfovibrio sp. Marseille-P3199 sp. Marseille-P3199 B Bacterium			
Dorea formicigenerans B Bacterium			
Dorea longicatena strain 2789STDY5834914 B Bacterium			
Eggerthella lenta 1_1_60AFAA B Bacterium			
Eisenbergiella tayi B Bacterium			
Enterococcus faecium isolate Hp_74-d6 B Bacterium			
Eubacterium ramulus strain 2789STDY5608891 B Bacterium			
Faecalibacterium cf. prausnitzii KLE1255 B Bacterium			



Faecalibacterium prausnitzii A2-165 B Bacterium			
Faecalibacterium prausnitzii M21/2 B Bacterium			
Faecalibacterium prausnitzii strain 2789STDY5608869 B Bacterium			
Faecalibacterium prausnitzii strain 2789STDY5834930 B Bacterium			
Faecalibacterium prausnitzii strain 2789STDY5834970 B Bacterium			
Faecalitalea cylindroides ATCC 27803 B Bacterium			
Faecalitalea cylindroides T2-87 B Bacterium			
Fusicatenibacter saccharivorans strain 2789STDY5834885 B Bacterium			
Gordonibacter pamelaee 7-10-1-b B Bacterium			
Holdemanella biformis DSM 3989 B Bacterium			
Holdemania sp. Marseille-P2844 sp. Marseille-P2844 B Bacterium			
Intestinimonas butyriciproducens B Bacterium			
Intestinimonas massiliensis sp. GD2 B Bacterium			
Lactobacillus B Bacterium			
Lactococcus B Bacterium			
Massilioclostridium coli strain Marseille-P2976 B Bacterium			



Megamonas B Bacterium			
Methanobrevibacter smithii A Archaeon			
Neglecta timonensis strain SN17 B Bacterium			
Odoribacter splanchnicus DSM 20712 B Bacterium			
Oscillibacter sp. ER4 B Bacterium			
Oxalobacter formigenes B Bacterium			
Parabacteroides distasonis str. 3999B T(B) 6 B Bacterium			
Parabacteroides goldsteinii B Bacterium			
Parabacteroides johnsonii CL02T12C29 B Bacterium			
Parabacteroides johnsonii DSM 18315 B Bacterium			
Parabacteroides merdae ATCC 43184 B Bacterium			
Parabacteroides merdae CL03T12C32 B Bacterium			
Parabacteroides sp. SN4 strain SN4, sp. SB4 B Bacterium			
Paraprevotella clara YIT 11840 B Bacterium			
Paraprevotella xylaniphila YIT 11841 B Bacterium			
Parasutterella B Bacterium			



Pepper mild mottle virus V Virus			
Prevotella copri DSM 18205 B Bacterium			
Prevotella sp. 109 B Bacterium			
Romboutsia B Bacterium			
Roseburia hominis A2-183 B Bacterium			
Roseburia intestinalis B Bacterium			
Roseburia sp. 499 B Bacterium			
Ruminococcaceae bacterium D16 B Bacterium			
Ruminococcaceae bacterium Marseille-P2963 B Bacterium			
Ruminococcus gauvreauii DSM 19829 B Bacterium			
Ruminococcus sp. 5_1_39BFAA B Bacterium			
Ruminococcus sp. JC304 B Bacterium			
Ruminococcus sp. Marseille-P3213 sp. Marseille-P3213 B Bacterium			
Serratia B Bacterium			
Streptococcus thermophilus B Bacterium P Probiotic			
Subdoligranulum variabile DSM 15176 B Bacterium			



Succinatimonas hippei YIT 12066	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Sutterella sp. KLE1602	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Sutterella wadsworthensis 2_1_59BFAA	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Sutterella wadsworthensis 3_1_45B	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Sutterella wadsworthensis HGA0223	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Tannerella sp. 6_1_58FAA_CT1	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Thermoplasmatales archaeon BRNA1	<div><div>A</div>Archaeon</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
Veillonella dispar ATCC 17748	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Clostridium] innocuum 2959	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Clostridium] leptum DSM 753	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Eubacterium] eligens ATCC 27750	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Eubacterium] eligens strain 2789STDY5834875	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Eubacterium] eligens strain 2789STDY5834878	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Eubacterium] hallii DSM 3353	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Eubacterium] hallii strain 2789STDY5834835	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>
[Eubacterium] rectale	<div><div>B</div>Bacterium</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>



[Eubacterium] siraeum DSM 15702				
B	Bacterium			
[Eubacterium] siraeum strain 2789STDY5834928				
B	Bacterium			
bacterium LF-3				
B	Bacterium			

Recommendations

Your Superfoods

Based on your biology. Chosen just for you.

Your Superfoods are the foods from your indulge list that will be most beneficial. These foods were chosen to address your goals and maximize your microbial balance. Remember, variety is essential. It is best to rotate your Indulge, Enjoy, and Superfoods, so you don't eat the same foods everyday. This variety will promote beneficial diversity in your microbiome.

Seaweed (fresh)
Brazil Nuts
Garlic
Salmon, Pacific (wild-caught)
Black Beans

It's here! Your personalized Viome recommendations.

Your recommendations

Your personalized recommendations are based on the activity of microbes in your gut and the information you've provided. Your recommendations are aimed at balancing your overall microbiome. Let's put it this way: Your food list highlights foods that will be transformed by your microbes into beneficial substances while limiting foods that will be transformed into harmful metabolites.

Remember, you and your microbiome are unique, and no single recommendation applies to everyone. The same foods can be beneficial for one person, neutral for another, and harmful for others. Ready to dig in?

Your foods

Your food recommendations have been classified into 5 rankings to help you achieve optimum health and well-being. These are:

1. **Superfoods.** Meet your food destiny. These are your top 5 foods.
2. **Indulge.** After superfoods, these are the next most important foods to add to your diet.
3. **Enjoy.** Build a strong foundation with these foods.
4. **Minimize.** You can still eat these (but within limits).
5. **Avoid.** Nothing beats a helpful reminder. These foods are universally known to damage the gut microbiome.

Your recommended servings

We all struggle to figure out serving sizes on food labels because they only act as measurement tools. They are not



personalized for you.

With your food list, you get personalized servings to inform you on how much you should eat from each food category in a given day. And under each food, you'll find Viome's serving size, so you know the exact amount of that food to eat.

Tip: If you are very active in a day, you can increase your servings from each food category proportionally for that day. Once you master your total servings per day, you can aim to achieve diversity by eating your recommended servings for each food rank.

Before you get started

Your success means a lot to us. Read our tips below before you begin.

What About Allergies?

You may notice some foods that you are allergic or sensitive to in your recommended food lists. Err on the side of caution. If you know you have a reaction or dislike to a recommended food, please do not consume it.

Foods are specifically chosen based on your unique microbiome rather than on allergies.

When is it best to eat?

Aim to eat 3 meals a day, and you may also need to snack in between meals.

Avoid eating 1 hour before you go to bed.

Go for variety

Explore foods that you haven't tried and since we're at it, alternate choices instead of eating the same food every day. Choose different foods from each of your indulge, enjoy, and minimize food categories based on your recommended amounts.

Listen to your body

Your recommended amounts are a guideline on the quantity of foods you should aim for. Stop eating once you are comfortably satiated or 80% full. Monitor how you feel, including your **hunger**, **energy level**, and **mood** or other forms of discomfort 1-3 hours after eating. If you consistently feel worse in any of these areas, you may need to adjust your food choices.

What else?

In addition to your food plan, your microbiome and your metabolism will gain an extra benefit from interval training at least 3 times per week.

Caloric restriction may provide more benefit than intermittent fasting.



Your Foods



Vegetables

60 recommended foods

7 avoid foods

7 per day



Proteins & Fats

102 recommended foods

16 avoid foods

8 per day



Fruits & Grains

50 recommended foods

24 avoid foods

4 per day



Herbs, Spices & Other

52 recommended foods

19 avoid foods

9 per day

Your Foods

Vegetables 7 per day

We recommend you break your daily Vegetables intake by the following amounts

Superfoods + Indulge ●

Enjoy ●●●●●

Minimize ●

Alfalfa Sprouts 1 cup	Enjoy	Artichoke 1 cup, diced	Enjoy
Arugula 1 cup	Indulge	Asparagus 15 spears	Indulge
Bamboo Shoots 1 cup, sliced	Enjoy	Bean Sprouts 1 cup	Enjoy
Beet 1 cup	Enjoy	Beet Greens 1 cup	Enjoy
Bell Pepper (organic) 1/2 cup, sliced, peeled	Enjoy	Bok Choy 1 cup	Enjoy
Broccoli 1 cup	Indulge	Brussels Sprouts 1 cup	Enjoy
Burdock Root 2/3 cup	Enjoy	Cabbage 1 cup	Indulge
Cardoon (thistle stem) 1 cup	Enjoy	Carrot 1 cup, sliced	Indulge
Cauliflower 1 cup	Enjoy	Celeriac 1 cup	Enjoy



Celery (organic) 1 cup	Enjoy	Chard 1 cup	Enjoy
Chicory (root) 1/2 cup	Enjoy	Collard Greens 1 cup	Enjoy
Cucumber 1 cup	Indulge	Dandelion Greens 1 cup	Enjoy
Eggplant 1 cup	Enjoy	Endive 1 cup	Indulge
Escarole 1 cup	Enjoy	Fennel Bulb 1 cup	Enjoy
Gourd 1 cup, sliced	Enjoy	Green Beans 1 cup	Enjoy
Hard Squash 1/4 cup, cooked	Minimize	Jerusalem Artichoke 1 cup	Enjoy
Jicama 1 cup	Enjoy	Kale 1 cup	Indulge
Kimchi 1 cup	Enjoy	Kohlrabi 1 cup	Enjoy
Leek 1/2 cup, sliced	Enjoy	Lettuce 1 cup	Enjoy
Mushrooms 1 cup, diced	Enjoy	Mustard Greens 1 cup	Enjoy
Okra 1 cup	Enjoy	Onion 1 cup	Enjoy
Parsley 1 cup	Enjoy	Parsnip 1/2 cup	Minimize
Peas 1/4 cup	Enjoy	Pickle (unsweetened) 2 whole	Enjoy



Potato (small, organic) 1 half	Enjoy	Pumpkin 1 cup	Enjoy
Radicchio 1 cup, sliced	Enjoy	Radish 1 cup, sliced	Enjoy
Rutabaga 1 cup, sliced	Minimize	Sauerkraut 1 cup	Indulge
Seaweed (fresh) 1/4 cup	Superfood	Snap Peas 1 cup	Enjoy
Spinach (organic) 1 cup	Enjoy	Spirulina 2 tablespoons	Enjoy
Sprouted Radish Seeds 1 cup	Enjoy	Summer Squash 1 cup, cooked	Enjoy
Taro 1/2 cup	Enjoy	Tomato (organic) 1 cup, peeled, seeded	Enjoy
Turnip 1 cup	Minimize	Water Chestnuts 1/2 cup	Enjoy
Watercress 1 cup	Enjoy	Yam or Sweet Potato 1/2 cup	Minimize
Zucchini Squash 1 cup, cooked	Enjoy		



Your Foods

Proteins & Fats 8 per day

We recommend you break your daily Proteins & Fats intake by the following amounts

Superfoods + Indulge ●●

Enjoy ●●●●●

Minimize ●

Abalone 3 ounces	Enjoy	Adzuki Beans 1 cup, cooked	Minimize
Almond Milk (unsweetened) 1 cup	Enjoy	Almonds 20 nuts	Enjoy
Anchovy 3 ounces	Enjoy	Avocado 1 half	Indulge
Avocado Oil 1 tablespoon	Enjoy	Beef (fatty, grass-fed) 1 1/2 ounces	Enjoy
Beef (lean, grass-fed) 2 ounces	Enjoy	Black Beans 3/4 cup, cooked	Superfood
Black Eyed Peas 3/4 cup, cooked	Minimize	Bone Broth (fish) 1 cup	Enjoy
Bone Broth (mammal) 1 cup	Indulge	Bone Broth (poultry) 1 cup	Enjoy
Brazil Nuts 5 nuts	Superfood	Buffalo 3 1/2 ounces	Enjoy
Butter 1 teaspoon	Enjoy	Cashews 15 nuts	Enjoy



Catfish 2 1/2 ounces	Enjoy	Caviar or Roe 2 ounces	Enjoy
Cheese 1 ounce	Enjoy	Chestnuts 3 ounces	Enjoy
Chia Seeds 1 ounce, dry	Enjoy	Chicken (dark) 2 1/2 ounces	Indulge
Chicken (white) 3 ounces	Indulge	Chickpeas 1/2 cup, cooked	Enjoy
Coconut MCT Oil 1 1/2 tablespoons	Enjoy	Coconut Meat 1 1/2 ounces	Enjoy
Coconut Milk (unsweetened) 1/4 cup	Enjoy	Coconut Oil 1 tablespoon	Enjoy
Cod, Alaskan 6 ounces	Enjoy	Cornish Game Hen 1 half	Enjoy
Crayfish 6 ounces	Enjoy	Duck 1 1/2 ounces	Enjoy
Dungeness Crab, Pacific 6 ounces	Enjoy	Eel 3 ounces	Enjoy
Egg (large) 2 whole	Indulge	Egg White 3 eggs	Enjoy
Egg Yolk 3 eggs	Enjoy	Emu 4 ounces	Enjoy
Fava Beans 1/2 cup, cooked	Enjoy	Filberts or Hazelnuts 15 nuts	Indulge
Flax Oil 1 tablespoon	Indulge	Flax Seeds 2 tablespoons	Enjoy
Game Meat (venison, elk) 3 1/2 ounces	Enjoy	Ghee 1 teaspoon	Enjoy

Goat 5 ounces	Enjoy
Goat Milk 1/2 cup	Enjoy
Grape Seed Oil 1 tablespoon	Enjoy
Halibut, Pacific 5 ounces	Enjoy
Hemp Hearts 3 tablespoons	Enjoy
Hickory Nuts 15 nuts	Enjoy
Lamb 2 1/2 ounces	Indulge
Lima Beans 1/2 cup, cooked	Minimize
Lotus Seeds 4 ounces	Enjoy
Mackerel 3 ounces	Enjoy
Natto 2 1/2 ounces	Enjoy
Olives 20 olives	Enjoy
Peanuts 20 peanuts	Enjoy
Perch 5 ounces	Enjoy

Goat Cheese 1 ounce	Enjoy
Goose 3 ounces	Enjoy
Haddock 6 ounces	Enjoy
Heavy Cream (33% fat) 2 tablespoons	Enjoy
Herring 3 ounces	Enjoy
Kefir 1/2 cup	Enjoy
Lentils 4 ounces, cooked	Minimize
Lobster 6 ounces	Enjoy
Macadamia Nuts 10 nuts	Enjoy
Mussel 3 ounces	Enjoy
Olive Oil 1 tablespoon	Indulge
Ostrich 4 ounces	Enjoy
Pecans 15 nuts	Enjoy
Pheasant 4 ounces	Enjoy



Pine Nuts 1 1/2 tablespoons	Enjoy	Pinto Beans 3/4 cup, cooked	Minimize
Pistachios 35 nuts	Enjoy	Pork (lean) 1 ounce	Minimize
Pumpkin Seeds 2 teaspoons	Indulge	Quail 2 1/2 ounces	Enjoy
Rainbow Trout 4 ounces	Enjoy	Red Beans 3/4 cup, cooked	Enjoy
Ricotta or Cottage Cheese (2% fat) 3 ounces	Enjoy	Safflower Oil 1 tablespoon	Enjoy
		Salmon, Pacific (wild-caught) 3 ounces	Superfood
Sardine 2 ounces	Enjoy	Scallops 5 ounces	Enjoy
Sesame Seeds 3 tablespoons	Enjoy	Sheep Cheese 1 ounce	Enjoy
Sheep Milk 1/4 cup	Enjoy	Shellfish Clam 3 ounces	Enjoy
Shellfish Oyster 3 ounces	Enjoy	Shrimp (domestic) 5 ounces	Enjoy
Soy Milk (unsweetened) 1 cup	Enjoy	Soybeans (non-GMO) 1/2 cup	Enjoy
Squid 3 ounces	Enjoy	Sunflower Seeds 2 tablespoons	Enjoy
Tempeh 1/2 cup	Enjoy	Tofu 3/4 cup	Enjoy
Tuna (pole caught) 5 ounces	Enjoy	Turbot 5 ounces	Enjoy



Turkey (dark) 2 1/2 ounces	Enjoy	Turkey (white) 3 ounces	Indulge
Veal 1 1/2 ounces	Enjoy	Walnuts 12 nuts	Enjoy
White Beans 1/2 cup, cooked	Enjoy	Whole Milk 1/2 cup	Enjoy
Yogurt (plain) 1/2 cup	Enjoy		



Your Foods

Fruits & Grains 4 per day

We recommend you break your daily Fruits & Grains intake by the following amounts

Superfoods + Indulge ●

Enjoy ●●

Minimize ●

Amaranth 1/2 cup, cooked	Enjoy	Apple (medium, organic) 1 whole	Indulge
Apricot 3 whole	Enjoy	Banana (small) 1 whole	Minimize
Barley 3 ounces, cooked	Minimize	Blackberry 1 cup	Enjoy
Blueberry 1 cup	Enjoy	Boysenberry 1 cup	Enjoy
Breadfruit 1 cup, sliced	Enjoy	Brown Rice 1/2 cup, cooked	Indulge
Buckwheat 1/2 cup, cooked	Enjoy	Bulgar 1/2 cup, cooked	Enjoy
Cassava 1/2 cup, sliced	Minimize	Cherry (organic) 1 cup	Minimize
Corn Tortilla (organic, non-GMO) 1 tortilla	Minimize	Couscous 1/2 cup, cooked	Minimize
		Cranberry 1/2 cup	Enjoy



Currant 1 cup	Enjoy	Dates 2 whole	Minimize
Elderberry 1 cup	Enjoy	Fig 2 whole	Enjoy
Goji Berry 1/2 cup	Enjoy	Gooseberry 1 cup	Enjoy
Grapefruit 1 whole	Enjoy	Grapes (organic) 1 cup	Enjoy
Guava 2 whole	Enjoy	Huckleberry 1 cup	Enjoy
Jackfruit 1 cup	Enjoy	Kamut 1/2 cup, cooked	Minimize
Kiwi 2 whole	Enjoy	Kumquat 12 whole	Enjoy
Lemon 1 whole, juiced	Enjoy	Lime 1 whole, juiced	Enjoy
Loganberries 1 cup	Enjoy	Lychee 1 cup	Enjoy
Mango 1 cup, sliced	Minimize	Mangosteen 1 cup, sliced	Minimize
Marionberry 1 cup	Enjoy	Melon 1 cup, sliced	Enjoy
Millet 1/2 cup, cooked	Minimize	Mulberries 1 cup	Enjoy
Nectarine (organic) 1 whole	Minimize	Oats 1/2 cup, cooked	Enjoy
Orange 1 whole	Enjoy	Papaya 1 cup, sliced	Indulge



Passionfruit 3/4 cup	Enjoy	Peach 1 whole	Minimize
Pear (organic) 1 whole	Indulge	Persimmon 2 whole	Enjoy
Pineapple 1 cup	Minimize	Plantain 1/2 cup	Enjoy
Plum 3 whole	Enjoy	Pomegranate 1 half	Enjoy
Prunes 6 whole	Minimize	Pummelo 1 half	Enjoy
Quinoa 1/2 cup, cooked	Enjoy	Raspberry 1 cup	Enjoy
Rhubarb 1 cup, sliced	Enjoy	Rice Noodles 1/2 cup, cooked	Minimize
Rye (sprouted bread) 1 slice	Enjoy	Salmonberry 1 cup	Enjoy
Sour Cherries 1 1/3 cup	Enjoy	Star Fruit 1 cup, sliced	Enjoy
Strawberry (organic) 1 cup	Enjoy	Triticale 1/2 cup, cooked	Minimize
Wheat (sprouted bread) 1 slice	Enjoy	White Rice 1/2 cup, cooked	Minimize
Wild Rice 1/2 cup, cooked	Enjoy		

Your Foods

Herbs, Spices & Other 9 per day

We recommend you break your daily Herbs, Spices & Other intake by the following amounts

Superfoods + Indulge ●

Enjoy ●●●●●●●●

Minimize ●

Allspice 1/4 teaspoon	Enjoy	Basil 1/4 teaspoon	Enjoy
Bay Leaf 1/4 teaspoon	Enjoy	Black Pepper 1/4 teaspoon	Enjoy
Black Tea (brewed) 1 cup	Enjoy	Cane Sugar 1 teaspoon	Minimize
Capers 1 teaspoon	Indulge	Caraway Seed 1/4 teaspoon	Enjoy
Cardamom 1/4 teaspoon	Enjoy	Carob 1 tablespoon	Enjoy
Cayenne Pepper 1/8 teaspoon	Enjoy	Celery Seed 1/4 teaspoon	Enjoy
Chervil 1/4 teaspoon	Enjoy	Chili Powder 1/4 teaspoon	Enjoy
Cilantro 2 tablespoons	Indulge	Cinnamon 1/4 teaspoon	Enjoy
Cloves 1/8 teaspoon	Enjoy	Cocoa (unsweetened) 1 tablespoon	Enjoy



Coconut Water 1 cup	Enjoy	Coffee (brewed, organic) 1 cup	Enjoy
Coriander 1/4 teaspoon	Enjoy	Cumin 1/4 teaspoon	Enjoy
Dill (fresh) 2 tablespoons	Indulge	Fennel Seed 1/4 teaspoon	Enjoy
Fenugreek Seed 1/4 teaspoon	Enjoy	Garlic 1 clove	Superfood
Ginger 1 tablespoon	Indulge	Grape Leaves 4 leaves	Enjoy
Green Tea (brewed) 1 cup	Enjoy	Herbal Tea (brewed) 1 cup	Enjoy
Honey 1 teaspoon	Minimize	Horseradish 1 teaspoon	Enjoy
Hot Pepper (organic) 1/2 teaspoon	Enjoy	Mace 1/8 teaspoon	Enjoy
Maple Syrup 1 teaspoon	Minimize	Marjoram 1/8 teaspoon	Enjoy
Miso 1 teaspoon	Enjoy	Molasses 1 teaspoon	Minimize
Mustard Seed 1/4 teaspoon	Enjoy	Nutmeg 1/4 teaspoon	Enjoy
Oregano 1/4 teaspoon	Enjoy	Paprika 1/4 teaspoon	Enjoy
Peppermint (fresh) 1 tablespoon	Enjoy	Poppy Seed 1 teaspoon	Enjoy
Rice Milk 3/4 cup	Minimize	Rosemary (fresh) 1 teaspoon	Enjoy



Saffron 1/8 teaspoon	Enjoy	Sage 1/4 teaspoon	Enjoy
Savoury 1/4 teaspoon	Enjoy	Sea Salt or Himalayan Salt 1/8 teaspoon	Minimize
Spearmint (fresh) 1 tablespoon	Enjoy	Stevia 1 package	Minimize
Tarragon 1/4 teaspoon	Enjoy	Turmeric 1/2 teaspoon	Enjoy
Vanilla Extract 1/4 teaspoon	Enjoy	Vinegar 1 teaspoon	Enjoy
Vinegar Apple Cider 1 teaspoon	Indulge	Wheatgrass 2 tablespoons	Enjoy
White Tea (brewed) 8 ounce	Indulge		

Foods to Avoid

We recommend you avoid these foods

These are commonly known foods that will not benefit your overall wellness.

Canned Vegetables Vegetables	Avoid	French Fries Vegetables	Avoid
Beans (baked or refried) Proteins & Fats	Avoid	Canola Oil Proteins & Fats	Avoid
Cured Meat Proteins & Fats	Avoid	Hydrogenated Vegetable Oil Proteins & Fats	Avoid
Lard Proteins & Fats	Avoid	Margarine Proteins & Fats	Avoid
Processed Cheese Proteins & Fats	Avoid	Processed Meat Proteins & Fats	Avoid
Shortening Proteins & Fats	Avoid	Yogurt (flavored) Proteins & Fats	Avoid
Fruit Juices Fruits & Grains	Avoid	Granola Bars Fruits & Grains	Avoid
Oatmeal (flavored) Fruits & Grains	Avoid	Raisins Fruits & Grains	Avoid
Rice Cakes (flavored) Fruits & Grains	Avoid	White Flour Fruits & Grains	Avoid
Agave Nectar Herbs, Spices & Other	Avoid	Aspartame Herbs, Spices & Other	Avoid
Beet Sugar Herbs, Spices & Other	Avoid	Brown Sugar Herbs, Spices & Other	Avoid
Corn Syrup Herbs, Spices & Other	Avoid	Dextrose Herbs, Spices & Other	Avoid



Iodized Salt Herbs, Spices & Other	Avoid	Maltose Herbs, Spices & Other	Avoid
Saccharin Herbs, Spices & Other	Avoid	Soda (regular or diet) Herbs, Spices & Other	Avoid
Sucralose Herbs, Spices & Other	Avoid	Sugar (white) Herbs, Spices & Other	Avoid



Supplements

Your Supplements: Based on your biology. Chosen just for you.

Supplement recommendations are designed to promote healthy activities of your gut microbiome. These supplements are available for purchase through online retailers.

Viome recommendations are not evaluated or approved by FDA and are not required to be approved by FDA. The recommended supplements are intended to support general wellbeing and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease. Please seek advice from your medical doctor and check all ingredients for a known allergy or sensitivity prior to taking.

V' I O M E

GREENFIELD'S RESULTS