

# The Whitness Nutrition Guide to Unique Fruits & Veggies

A gut-friendly, metabolism-boosting produce list from Whitney Stuart, MS RDN CDCES

Hey there, I'm Whitney—registered dietitian, diabetes educator, and the woman who sneaks bitter greens into taco night. This isn't your average grocery list. This is your \*upgrade\* to vibrant, functional foods that love your body back—especially your gut, hormones, and metabolism.

These fruits and veggies aren't just colorful—they're doing big things behind the scenes. From supporting detox to balancing blood sugar, they're the behind-the-scenes MVPs of your health.

Let's dive into the ones I recommend to almost every client (and how to \*actually\* enjoy them).

## The Bitter Bunch (Digestion & Detox)

### Why they matter:

These stimulate digestion and bile flow, helping your liver metabolize toxins and hormones. They may even curb sugar cravings by activating bitter taste receptors.

### How to use them:

- Toss arugula or radicchio into citrus-dressed salads
- Add sautéed broccoli rabe to eggs or lentil pasta
- Blend dandelion greens into smoothies with lemon + pineapple

## Gut-Boosters with Bite (Fiber + Polyphenols)

### Why they matter:

Prebiotics! These feed your beneficial gut bacteria, which influence everything from immunity to metabolism and mood.

### How to use them:

- Roast Jerusalem artichokes like potatoes
- Add green banana to smoothies (pre-ripe for resistant starch)
- Shred purple cabbage into slaws or tacos

## Low-Glycemic Sweethearts (Blood Sugar Balance)

### Why they matter:

These are rich in antioxidants and fiber but low on the glycemic index—perfect for keeping your blood sugar steady.

### How to use them:

- Add citrus or berries to Greek yogurt or chia pudding
- Top high-fiber toast with kiwi slices + almond butter

- Toss pomegranate seeds on arugula salad with EVOO

## The Forgotten Heroes (Anti-Inflammatory & Immune Support)

### Why they matter:

These are rich in anti-inflammatory compounds, potassium, and antioxidants that support your immune system, heart, and gut lining.

### How to use them:

- Roast fennel + beets with olive oil and garlic
- Add seaweed snacks to lunchboxes or crumble into rice bowls
- Slice persimmons into fall salads or yogurt bowls
- Mash parsnips with cauliflower and garlic


## A Week of Easy Wins

### How to sneak these into your real life:

1. Monday: Arugula + citrus salad with salmon
2. Tuesday: Smoothie with green banana + dandelion
3. Wednesday: Fennel + beet sheet pan dinner
4. Thursday: Chickpea pasta with broccoli rabe + lemon
5. Friday: Greek yogurt bowl with berries + pomegranate
6. Saturday: Tacos with purple cabbage + avocado
7. Sunday: Seaweed + brown rice bowl with ginger dressing

## Ready to eat smarter, not harder?

This guide is your starting point. Want help tailoring your plate for your gut, blood sugar, or hormones? Let's chat.

 [Book a discovery call](#)