What diet should I do to lower these bacteria: Acinetobacter, Anaerotignum, Barnesiella, Ruminococcus, Streptococcus, Subdoligranulum, Subdoligranulum and increase these bacteria: Bombiscardovia, Faecalibacterium?

Sources

How eating more fiber may help protect against dangerous bacteria ...	What Foods Contain Faecalibacterium prausnitzii? - GUTXY	[PDF] MICROBIAL COMMUN Sciendo
nbcnews	gutxy	intapi.sciendo

Answer

To lower the abundance of **Acinetobacter, Anaerotignum, Barnesiella, Ruminococcus, Streptococcus, and Subdoligranulum** while increasing **Bombiscardovia and Faecalibacterium**, dietary interventions focusing on fiber-rich, prebiotic, and plant-based foods are recommended. Here's a detailed breakdown:

Foods to Increase Beneficial Bacteria (Bombiscardovia, Faecalibacterium)

1. **High-Fiber Foods**:

- **Fruits**: Apples, bananas, berries, oranges, pears.
- **Vegetables**: Leafy greens, broccoli, carrots, cauliflower, Brussels sprouts.
- **Whole Grains**: Oats, barley, brown rice, whole wheat.
- **Legumes**: Lentils, beans, chickpeas.
- **Nuts and Seeds**: Almonds, walnuts, chia seeds, flaxseeds [2] [5] [7].

2. **Prebiotics**:
   - Foods rich in inulin-type fructans (e.g., garlic, onions, asparagus) can stimulate *Faecalibacterium* growth [6] [8].
   - Human milk oligosaccharides (HMOs) may also support beneficial bacteria [5].
3. **Healthy Fats**:
   - Incorporate polyunsaturated fats from plant-based oils (olive oil) and nuts to promote *Faecalibacterium* [5].
4. **Fermented Foods**:
   - Kefir and yogurt contain probiotics that may help balance gut bacteria [3] [7].
5. **Mediterranean Diet**:
   - Emphasizes whole foods like vegetables, legumes, fruits, nuts, seeds, seafood, and olive oil while limiting processed foods and red meat. This diet supports beneficial gut flora and reduces harmful bacteria [7].

Foods to Avoid or Limit (Reduce Harmful Bacteria)

1. **Processed Foods**:
   - High-sugar and high-fat processed items can feed harmful bacteria like *Streptococcus* and *Ruminococcus* [7] [9].
2. **Red Meat**:
   - Excessive consumption can negatively influence gut microbiota composition [7].
3. **Low-Fiber Diets**:
   - Diets lacking fiber reduce the production of short-chain fatty acids (SCFAs), which are essential for beneficial bacteria like *Faecalibacterium* [1] [9].
4. **High-Sodium Diets**: