

Eat This... Not That

Simple guide to foods for a Healthy Gut

LEAFY GREENS

Bitter Greens
Collard Greens
Chard
Beet Greens
Arugula / Rocket
Lettuce
Kale
Spinach
Silverbeet
Bok Choy

NUTS & SEEDS

Almonds
Brazil nuts
Pecans
Cashews
Sunflower Seeds
Pepitas
Sesame Seeds
Chia Seeds
Hemp Seeds
Flax Seeds
Nut Milk
Nut Butters

**ideally nuts & seeds should
be soaked overnight*

VEGETABLES

Celery
Sprouts
Cucumber
Broccoli
Cauliflower
Brussel Sprouts
Cabbage
Carrot
Asparagus
Mushroom
Garlic
Leek
Green Beans
Onion
Radish
Fennel
Zucchini
Peas
Seaweed
Fresh Vegetable Juice

HEALING HERBS & SPICES

Turmeric
Ginger
Fresh Herbs
Herbal Teas

PROBIOTIC-RICH FOODS

Sauerkraut & Cultured
Vegetables
Apple Cider Vinegar (With
Mother)
Coconut Water Kefir

LOW SUGAR FRUITS

Berries
Avocado
Lemon
Grapefruit
Lime
Olives



Eat Seasonally

Eat With Intention

ROOT VEGETABLES

Parsnip
Yams
Sweet Potato
Pumpkin & Squash
Beetroot

NIGHTSHADES

Tomatoes
Eggplant
Peppers
Potatoes

FRESH FRUIT

Apples
Plums
Oranges
Peaches
Pears
Cherries
Kiwi Fruit
Pomegranate
Melons
Olives
Grapes
Mangoes
Figs
Pineapple
Banana
Papaya
Passion Fruit

WILD SEAFOOD

Sardines
Herring
Salmon
Mahi Mahi
Oysters
Mussels
Scallops
Clams
Wild Shrimp

GLUTEN-FREE GRAINS

Quinoa
Millet
Buckwheat
Amaranth
Rice
Oats

COLD PRESSED OILS

Coconut Oil
Olive Oil
Flaxseed Oil
Macadamia Oil
Hemp Oil

LEGUMES

Lentils
Chickpeas
Fava Beans
Kidney Beans
Black Beans
Pinto Beans
Navy Beans
*ideally soaked & cooked

FERMENTED DAIRY & SOY

Yogurt
Kefir
Buttermilk
Cultured Butter
Tempeh
Tofu
Nato or Miso



Eat Less

WHOLE GRAIN PRODUCTS

Buckwheat Pasta
Sprouted Grains
Fermented Sourdough

DAIRY PRODUCTS

Butter
Cheese
Ghee
Milk

ANIMAL PRODUCTS

Chicken
Turkey
Duck
Beef
Pork
Lamb
Goat

**Ideally all meat & dairy products are organic, pasture raised and grass fed.*

Eat Seldom

REFINED GRAIN PRODUCTS

White Bread
Pastries
White Crackers
Pizza
Pasta & Noodles
Breakfast Cereal

TRANS FATS

Deep Fried Foods
Donuts
Chips

PROCESSED MEATS & CHEESES

Deli Meats
Sausages
Hot Dogs
Bacon
Jerky
Canned Meats

HIGH SUGAR PRODUCTS

Soda
Energy Drinks
Iced Tea
Sweet Cereal
Candy
Candy Bar Chocolate
Packaged Fruit Juice
Flavoured Milks
Iced Coffee
Packaged Salad Dressings

REFINED SEED OILS

Canola Oil
Soybean Oil
Cottonseed Oil
Vegetable Oil
Margarine & Spreadable Butter
Rice Bran Oil

