



Feed Your Gut

Probiotics :

Good bacteria that help keep the gut healthy

- Yogurt
- Kefir
- Kombucha
- Sauerkraut
- Sourdough Bread

Anti-Inflammatory:

Help reduce inflammation in the body

- Fatty Fish – salmon, mackerel, tuna, sardines
- Olive Oil
- Almonds
- Dark Leafy Greens
 - Oranges
 - Cherries
 - Berries
 - Avocados
 - Green Tea
 - Peppers
- Mushrooms
 - Grapes
 - Tomatoes

Foods that Cause Inflammation

- Sugar
- Fast Food
- Soda
- Vegetable Oil
- Simple Carbs – white pasta, bread, rice
 - Processed Meat
 - Excessive Alcohol

Prebiotics:

Dietary Fiber that feeds the good bacteria in your gut

- Garlic
- Onions
- Leeks
- Asparagus
- Bananas
- Oats
- Apples
- Flax Seeds

Anti-Oxidants:

Prevent or slow down damage to cells caused by free radicals

- Berries
- Dark Leafy Greens
 - Cinnamon
 - Pecans
- Dark Chocolate
 - Cherries
- Kidney Beans

Fiber

Aids in health digestion and bowel movements

- Berries
- Apples
- Spinach
 - Kale
- Kidney Beans
- Chick Peas
- Quinoa
 - Oats
- Almonds
- Chia Seeds
- Sweet Potatoes