

GUT HEALTH GROCERY STAPLES

Always have these items on hand for your gut to be happy!

LEMON & APPLE CIDER VINEGAR



This combo helps the gut generate acid

Squeezing half a lemon and adding in 1-2TBSP of apple cider vinegar each morning can help kick start your digestion. Both are cleansing for the body and allow an increase in stomach acid which helps break down your food.

FERMENTED PRODUCTS

Sauerkraut, kimchi, yogurt

These items help feed your healthy gut bugs. Having a 1-2 servings each day will allow for your gut bugs to be healthy and happy

VEGGIES/ HEALTHY FATS

You need both for optimal nutrition

Getting a variety of veggies allows for your body to get a plethora of nutrients. The veggies your gut particularly loves include beets (which aid in bile production) and dark leafy greens (loaded with nutrients).

Healthy fats include: olive oil, coconut oil, grass fed butter, seeds, nuts, avocado, fish and pure animal fats. Getting plenty of fats aids in most metabolic processes of your body.

PREBIOTIC FOODS

These foods work well with probiotic foods to keep gut bugs happy

This includes:

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|-----------------------|-------------|
| -Jerusalem artichokes | -Garlic |
| -Onions | -Oats |
| -Leeks | -Barley |
| -Lentils | -Flax seeds |
| -Cabbage | -Chickpeas |

