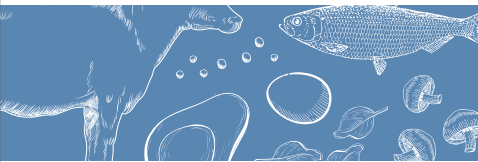




LEAKY GUT DIET

FOOD LIST



EAT OFTEN



OMEGA 3 EFAS / PROTEINS

(to reduce inflammation)

- Grass-fed or organic meats (beef, bison, elk, chicken, rabbit, goat, lamb)
- Bone broth
- Wild fish
- Pasture raised eggs and egg yolks
- Fish oil
- Hemp (seeds and oil)
- Chia seeds (ground)
- Flaxseed (ground seeds and oil)
- Anchovies
- Mackerel
- Walnuts

OTHER HEALTHY ANTI-INFLAMMATORY FATS

- Avocado
- Unrefined avocado oil
- Unrefined olive oil
- Olives
- Unrefined coconut oil
- Coconut meat
- Ghee (clarified butter)
- Grass-fed butter

LIGHTLY STEAMED OR COOKED NON-STARCHY VEGETABLES

(easy on digestion and anti-inflammatory — fiber also feeds healthy gut bacteria)

- Leafy greens (dandelion, spinach, chard, watercress, kale, escarole, endive)
- Broccoli
- Cauliflower
- Artichoke
- Asparagus
- Cabbage
- Cucumber
- Mushrooms
- Sprouts
- Celery
- Radish
- Brussels sprouts
- Zucchini

SPICES AND HERBS

(to reduce inflammation and soothe the GI tract)

- Ginger
- Turmeric
- Marshmallow root tea
- Licorice root tea (DGL)
- Peppermint
- Dandelion root tea

HELPFUL SUPPLEMENTS

- Probiotic capsules
- Collagen peptides
- Gelatin powder
- L-glutamine
- Quercetin
- Marshmallow root capsules
- Licorice root capsules or chewable tablets (DGL)
- Resistant starch (raw green banana flour, inulin, trehalose, non-gmo potato starch)*

* May trigger digestive symptoms such as gas, cramping or bloating if eaten in large amounts, or if you're already prone to digestive symptoms

PROBIOTIC FOODS

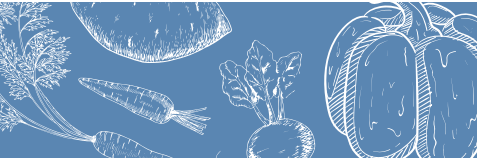
(to increase healthy gut bacteria)

- Coconut milk yogurt
- Coconut milk kefir
- Almond yogurt
- Sauerkraut
- Kimchi
- Beet kvass



LEAKY GUT DIET

FOOD LIST



EAT OCCASIONALLY



STARCHY VEGETABLES

(fiber helps remove toxins in the GI tract, but excess carbs can further damage the gut lining)

- Sweet potatoes
- Yams
- Beets
- Carrots
- Squash
- Parsnips
- Pumpkin
- Turnips

NATURAL SWEETENERS

(in very small amounts because any kind of sugar feeds candida, which worsens leaky gut)

- Raw honey
- Coconut nectar
- Green leaf stevia
- Monk fruit sweetener
- Pure maple syrup
- Applesauce
- Poached apples and pears (steamed fruit is easier on digestion)



EAT NEVER



FOODS THAT DAMAGE THE GUT LINING

- Legumes (including peanuts)
- Dairy products (milk, dairy yogurt, cheese, whey)
- Grains
- Gluten
- Refined sugar
- Unfermented soy products
- Alcohol
- Artificial sweeteners (sucralose, aspartame)
- Packaged, boxed, and processed foods

- Refined vegetable oils (canola, peanut, soy, corn, safflower, sunflower)
- Deli meats and non-organic meats
- Nightshade vegetables*

* Nightshade vegetables such as eggplant, bell peppers, potatoes, and tomatoes may promote inflammation, especially for those with autoimmune conditions, which are commonly seen with leaky gut.