



## GUT HEALTH CHEAT SHEET

### Foods that help to improve and maintain gut health

FOODS	WHY THEY ARE SO GREAT FOR GUT HEALTH
Lacto-fermented sauerkraut and cultured vegetables (found in the fridge section of good health food stores).	These foods are fermented with a strain of probiotic (lactobacillus), which is very beneficial for gut health and immune function. Eating 1-2 teaspoons of these foods a day can help to populate the micro biome with healthy microflora.
Prebiotic rich foods (onion, leek, Jerusalem artichoke, garlic, asparagus).	Probiotics boost gut health and, in turn, immunity because they prime your gut and get it ready to absorb important nutrients and trace minerals from the foods we eat.
Fermented drinks (kombucha, kefir, beet kvass)	These are all incredible for rebuilding a diverse and happy gut bacteria - less is more. A small 90-100ml is plenty. If your child suffers from histamine issues (regularly breaks out in hives or allergies) then avoid these drinks.
Organic bone broth	Bone broth is rich in the amino acids glutamine, collagen, glycine and proline, which help to build up the physical walls of the gastrointestinal tract and support nutrient absorption.
Soups and stews	These types of meals are easily digested and gentle on the gut. They also give your gut a break from trying to grow the good guys all the time with raw and fermented foods.
LIVE foods (papaya, raw green leafy veg, raw organic honey, avocado, mango, kiwi fruit, organic cold pressed coconut oil)	These foods are packed with enzymes which help to aid in digestion and break down foods in the gut. Eating a balanced combination of colourful, raw fruit and vegetables will ensure you're getting plenty of live enzymes.
Apple cider vinegar	Small doses (1tsp in 1 cup of water) of organic apple cider vinegar, 'with the mother' still maintained can be hugely beneficial for the gut. It contains raw enzymes and beneficial bacteria that help to stimulate the digestive juices, assist the absorption of nutrients, and maintain safe PH levels to inhibit growth of harmful bacteria.