



MARLENE ERVEN  
HEALTH COACHING

## Eating for Gut Health

Avoid	Eat
Refined flour	Bone broth
Refined sugar	Resistant starch (raw unmodified potato starch, unripe plantains, unripe bananas)
Industrial seed oils (soybean, peanut, corn, safflower, wheat-germ, canola, sunflower, cottonseed, grapeseed, rice bran)	Fermented foods (sauerkraut, kimchi, pickles, beet kvass, kombucha, water kefir, etc)
Foods high in insoluble fiber: <ul style="list-style-type: none"><li>• Greens (spinach, lettuce, kale, mesclun, collards, arugula, watercress, etc)</li><li>• Whole peas, snow peas, snap peas, pea pods</li><li>• Green beans</li><li>• Kernel corn</li><li>• Bell peppers</li><li>• Eggplant</li><li>• Celery</li><li>• Onions, shallots, leeks, scallions, garlic</li><li>• Cabbage, bok choy, brussels sprouts</li><li>• Broccoli</li><li>• Cauliflower</li></ul>	Foods higher in soluble fiber and lower in insoluble fiber: <ul style="list-style-type: none"><li>• Carrots</li><li>• Winter squash</li><li>• Summer squash (especially peeled)</li><li>• Starchy tubers (yams, sweet potatoes, potatoes)</li><li>• Turnips</li><li>• Rutabagas</li><li>• Parsnips</li><li>• Beets</li><li>• Plantains</li><li>• Taro</li><li>• Yuca</li></ul>
Excess alcohol (no more than 4-6 drinks/week and eliminating alcohol completely if you have significant gut issues)	

### Tips for Eating Vegetables

1. Never eat insoluble-fiber foods on an empty stomach. Always eat them with other foods that contain soluble fiber.
2. Remove the stems and peels from veggies (such as broccoli, cauliflower, and winter greens) and fruits that are high in insoluble fiber.
3. Dice, mash, chop, grate, or blend high-insoluble-fiber foods to make them easier to break down.
4. Insoluble-fiber foods are best eaten well cooked: steamed thoroughly, boiled in soup, braised, and so forth. Avoid consuming them in stir-fries, and if you do eat them raw, prepare them as described above.
5. Ferment foods that are higher in insoluble fiber to make them more easily digested, as the fermentation process essentially predigests the food for you.

Source: ChrisKresser.com

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