

Gut Health Guide

A healthy gut supports a strong immune system, reduces inflammation, and plays a key role in managing chronic conditions, skin health, mood, and even behavior in children. No strict diets needed, just small, consistent habits.

FOODS TO PRIORITIZE

- Water is the single most important tool — aim for 4–6 cups per day depending on age
- **Colorful fruits & veggies** — variety is key; think berries, leafy greens, carrots, beets. Different colors deliver different phytonutrients and antioxidants that nourish the gut lining and microbes.
- **Fermented foods** — plain Greek yogurt, kefir, Fermented Fairy Kefir, Coconut Cult Probiotic Yogurt (1 tbsp/day). Live cultures introduce beneficial bacteria that diversify and strengthen the microbiome.
- **Fiber-rich foods** — oats, beans, lentils, sweet potatoes, and bananas feed good gut bacteria, which in turn produce short-chain fatty acids that calm inflammation.
- **Healthy fats** — avocado, salmon, olive oil, and chia seeds supply omega-3s and monounsaturated fats that reduce inflammation and support gut barrier integrity.
- **Bone broth** — gut-healing and great as a soup base or for cooking grains; collagen and amino acids (like glutamine) help repair and soothe the gut lining.

EASE UP ON GLUTEN (NO STRESS, JUST AWARENESS)

- No need to eliminate — just be mindful during flare-ups.
- Easy swaps: rice cakes, Simple Mills or Mary's Gone Crackers, Siete Foods cassava tortillas, gluten-free oats, quinoa, brown rice or lentil pasta (Jovial, Banza & Ancient Harvest are our favorites).

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MEALTIME HABITS

- Water as the main drink; limit juice and sugary beverages (aim for under 5 g of added sugar per serving).
- Consistent meal times support the gut's natural rhythm.
- Slow down meals — good digestion starts with chewing. Aim for 20–30 chews, or until food is soft and mushy; this eases the workload on the gut and boosts nutrient absorption.

SLEEP

- Finish dinner at least 2 hours before bed
- No screens or sweets in the hour before bedtime
- A calm wind-down routine (bath, reading, or quiet play) makes a big difference

LIFESTYLE

- **Get outside daily** — nature and fresh air introduce beneficial microbes
- **Move every day** — physical activity supports a healthy, diverse microbiome
- **Reduce stress** — play, movement, and connection are natural regulators

Optional: Keep a simple food & symptom journal to spot patterns. Small steps add up.