

FOOD FIRST - RYG for Health© Gut Health

The best choices are outlined below. Start slowly adding these foods. Work up to the number of portions suggested on a daily basis.

SERVING/DAY CARB/serving	SERVING SIZE FIBER g/serving	FOOD SOURCES	TOTAL FIBER INTAKE	TOTAL CARB g/serving TOTAL NET CARBS g/serving
RED 2-6 servings/day 15 g carb/serv	½ cup 1 slice 1 small 1 cup ~3-7 g fiber	Brown rice, corn, millet, barley, bulgur, buckwheat, bran cereal, oats Dried beans/legumes (all kinds), sweet potato, pumpkin, parsnips Whole wheat bread Potato, pear, apple, banana (under ripe), fig, orange, mango, peach, papaya Acorn squash, butternut squash, cherries, kiwi, grapes, melon (all kinds), pineapple, berries <i>Known probiotic sources:</i> whole wheat, wheat bran, chicory root, oatmeal, apple, grapes, blueberries, banana (under ripe).	10--30 g	30-90 g total carb 20-60 g net carb
YELLOW 1 serving/day ~10 g carb/serving	½ cup 4 TBS ~3-5 g fiber	Walnuts, peanuts, cashews, almonds, pistachios Peanut butter, almond butter, cashew butter <i>Known probiotic sources:</i> almonds, pistachios	4 g	10 g total carb 6 g net carb
GREEN 6 servings/day ~3 g carb/serving	1 cup 2 cups leafy greens ~3 f fiber	Artichoke, asparagus, beets, carrots, peppers (all kinds), broccoli, broccoli sprouts, Brussel sprouts, collards, kale, greens including lettuce(all kinds), cabbage (all kinds), Bok choy, summer squash, zucchini, cauliflower, spinach, cucumber, mushrooms, tomatoes, turnips, radishes, onions, leeks, garlic, celery, green beans, snap peas/pea pods <i>Known probiotic sources:</i> sauerkraut (best with active cultures), kimchi <i>Known probiotic sources:</i> leeks, asparagus, Jerusalem artichokes, garlic, onions, dandelion greens	18 g	18 g total carb 0 g net carb
ADDED FATS 10 g carb/serving 1 servings/day	2-4 TBS ½ cup 5-10 ~3 g fiber	Chia seeds, flax seeds (ground), hemp seeds Avocado Greek olives	3	10 g total carb 7 g net carb
DAILY TOTALS			35-45 g fiber	68-128 g total carb 33-83 g net carb

TERMS TO UNDERSTAND:

- **Gut microbiome - *The trillions of bacteria living in our digestive tract.*** These play a role in every aspect of health including digestion, immunity, weight, heart health, mood and memory. The mix of these microorganisms is unique to every individual.
- **Probiotics – *Live bacteria we consume in fermented foods.*** Eating and drinking these promotes the growth of good gut bacteria. They rebalance the gut so we can digest foods and absorb nutrients better. In addition to the foods listed on the chart, other foods high in probiotics are: kefir, yogurt, sour cream, buttermilk, miso, tempeh, Good Belly™, raw apple cider vinegar and a fermented beverage called kombucha.
- **Prebiotics - *These act as food for probiotics and promote growth of good gut bacteria.*** Since fiber is the source of prebiotics, foods high in fiber can also be high in prebiotics. Good sources of prebiotics are listed in the chart. Try to eat these in the raw state or minimally cooked.
- **Dysbiosis – *An imbalance of microorganisms in the gut -- not enough good bacteria to balance out the bad stuff.*** Gut dysbiosis can lead to changes in the lining of the intestines. This can cause bacteria and toxins to leak into the blood (leaky gut syndrome). Inflammation is the result.

CAUSE	TYPICAL SYMPTOMS
Poor diet with a lot of sugars/refined carbs, drinking alcohol Eating foods not well tolerated Chronic stress, illness Food allergies or sensitivities Frequent antibiotic or drug therapy Intestinal infections Inflammation	Bloating, belching, burning and/or gas after meals A sense of over fullness after eating Diarrhea and/or constipation Weight gain Low energy, brain fog, anxiety, depression Adult acne or other skin irritation like rosacea Food allergies, frequent stomach “bug”

WHY IS DYSBIOSIS SO BAD?

The primary functions of the gut are 1) digesting foods, 2) absorbing nutrients and 3) preventing toxins and pathogens from entering the body. These functions are impaired with dysbiosis. Besides feeling lousy, research is suggesting dysbiosis, with its resulting inflammation, can lead to these diseases over time:

- Various types of cancer (colorectal, breast)
- Irritable or inflammatory bowel disease/syndrome
- Obesity
- Diabetes
- Autism
- Neurologic diseases like Parkinson’s disease
- Hormone imbalance
- Autoimmune diseases

DISCLAIMER: Probiotics are considered safe overall for healthy individuals. They can be expensive and not safe for everyone. Talk with your healthcare provider before adding a probiotic supplement, especially if you have an immune system problem, if you’ve just had surgery, or if you are chronically ill. Caution with pregnant or lactating women, infants and children. The best support for probiotic use is with digestive problems. More research is needed for other areas.

NOW WHAT?

Sadly, there isn’t a quick fix. It may take a while to get your gut back in order. Start here to make a change:

1. Eliminate all sugar-sweetened beverages, fruit juices and alcohol.
2. Eliminate all sugars and refined carbohydrate foods.
3. Switch from use of heavily processed foods to fresh, whole foods with deep, rich colors and nutrients (use RYGforHealth).
4. Gradually add in prebiotic foods and fibers. Aim for at least 30-40 gm fiber daily. Drink plenty of water to avoid constipation.
5. Relax, especially while eating. Enjoy food and company, savoring every bite.
6. Eliminate life stressors as much as possible and develop a good support system with friends and family to help you cope.
7. Get a good night’s sleep, every night.
8. Add a water filter to remove chlorine from drinking and cooking water.
9. Talk with your doctor. Remove antibiotics and medications like antacids, proton-pump inhibitors and non-steroidal, anti-inflammatory drugs (NSAID’s) if possible.
10. If you aren’t able to include the foods high in probiotics, prebiotics and fiber, consider taking a probiotic supplement with multiple bacteria strains and at least 40 million CFU’s with no refrigeration needed.