

# THE 'HEALTHY GUT' CHEAT SHEET

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**Have a wholesome breakfast** packed with protein, healthy fats, and complex carbs to curb your cravings throughout the day.



**Enjoy a soothing cup** of organic peppermint or ginger tea before bed.



**Get creative.** Experiment in your kitchen!



**A wholesome diet** will enhance nutrient absorption, boost immunity, and increase energy levels.



**Satisfy your palate** with natural herbs and spices.



**Try something new this week!** Bone broth, kefir, or kombucha anyone?



**Make time to de-stress** and do more of what you love!



**Drink your lemon water** and stay hydrated.



**Ensure you are getting the right ratio** of essential fatty acids on a daily basis.



**Drink a glass of water 1/2 hour before meals.** Avoid drinking with your meals as liquid will dilute digestive juices.



MORE ALKALINE







MORE ACIDIC

**CHOOSE ALKALINE BEVERAGES OVER ACIDIC BEVERAGES**

Herbal Teas, Coconut Water, Lemon Water	Green Tea	Ginger Tea, Purified Water	Black Tea	Coffee, Fruit Drinks	Alcohol, Energy Drinks, Soft Drinks, Carbonated Beverages
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Use this helpful chart to ensure you're getting the required 35 grams of fibre per day

	HIGH (more than 8g of fibre per serving)	MODERATE (4-8g of fibre per serving)	LOWEST (less than 2g of fibre per serving)
<b>Fruits</b> 	1 Avocado 13g <i>*All fruit servings are raw</i>	½ cup Dates 6g 1 Persimmon 6g ½ cup Elderberries 5g 1 medium Pear 5g 2 medium Kiwi 4.6g ½ cup Raspberries 4.2g ½ cup Blackberries 4g ½ cup Raisins 3g 1 medium Apple 2.6g ½ cup Cranberries 2.5g 1 medium Orange 2.3g 1 medium Grapefruit 2.1g 1 medium Banana 2.1g	½ cup Blueberries 2g ¼ cup Coconut (shredded) 1.75g ½ cup Strawberries 1.5g 1 medium Tomato 1.5g 1 wedge Honeydew Melon 1g 1 wedge Cantaloupe 1g
<b>Vegetables</b> 	1 medium Artichoke 10g <i>*All vegetable servings are cooked except celery</i>	½ cup Edamame 4.3g 1 medium Sweet Potato 4g 1 medium Baked Potato 3.8g ½ cup Green Peas 3.7g 4 Brussel Sprouts 3.2g ½ cup Acorn Squash 2.1g	½ cup Sauerkraut 2g ½ cup Beets 2g ½ cup Carrots 2g ½ cup Spinach 2g 6 spears Asparagus 1.6g ½ cup Kale 1.5g ½ cup Broccoli 1g ½ cup Cauliflower 1g 1 medium stalk Celery 0.6g
<b>Grains</b> 	<i>*All grain servings are cooked</i>	¾ cup Oatbran 3.4g ½ cup Amaranth 2.5g 1 slice Whole Wheat Bread 2.4g	½ cup Bulgur 2.7g 1 tablespoon Wheat Bran 1.6g ½ cup Long Grain Brown Rice 1.5g ½ cup Quinoa 1.3g
<b>Nuts, Seeds &amp; Legumes</b> 	½ cup Navy Beans 9.5g ½ cup Adzuki Beans 8.5g	½ cup Lentils 6g ½ cup Kidney Beans 6g ¼ cup Almonds 3.75g 1 tablespoon Flaxseeds 3g ¼ cup Sunflower Seeds 2.9g 2 tablespoons Peanut Butter 2.5g	2 tablespoons Almond Butter 1.2g

References:

Health Canada. Nutrient Values of Some Common Foods [Internet] [Cited on March 9, 2016]. Available from: [http://www.hc-sc.gc.ca/fn-an/alt\\_formats/pdf/nutrition/fiche-nutri-data/nvscf-vnqau-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/nutrition/fiche-nutri-data/nvscf-vnqau-eng.pdf)  
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