

## HEALTHY DIGESTION CHALLENGE: WEEK FOUR

Eliminate	Limit	Favor
<p><b>Processed Foods:</b></p> <ul style="list-style-type: none"> <li>• Pasta</li> <li>• Crackers</li> <li>• Breads</li> <li>• Chips</li> <li>• Cookies</li> <li>• Deli meat</li> <li>• Cereal</li> <li>• Canned or jarred foods</li> <li>• Frozen foods</li> <li>• Any prepared food</li> </ul> <p><b>Preservatives and Additives:</b></p> <ul style="list-style-type: none"> <li>• Dyes</li> <li>• Citric Acid</li> <li>• Basically any unrecognizable or hard to pronounce ingredient</li> </ul> <p><b>Eating out</b></p> <p><b>Dairy</b></p> <p><b>Red Meat and Pork</b></p> <p><b>Gluten</b></p> <p><b>White Sugar</b></p>	<p><b>Refined grains:</b></p> <ul style="list-style-type: none"> <li>• White flour (also called all-purpose flour or enriched wheat flour)</li> <li>• White rice</li> </ul> <p><b>Meat:</b></p> <ul style="list-style-type: none"> <li>• Avoid all meat after the midday meal (includes chicken), fish can still be eaten</li> <li>• Eliminate red meat and pork</li> <li>• Limit chicken to 3 times a week maximum</li> </ul> <p><b>Raw and cold foods:</b></p> <ul style="list-style-type: none"> <li>• Uncooked veggies</li> <li>• Fruit or veggie smoothies</li> <li>• Fruit or veggie juice</li> <li>• Raw nuts and seeds (alright in moderation)</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• 3+, one cup servings each day</li> <li>• Avoid frozen or canned vegetables</li> <li>• Avoid raw veggies, as they are hard to digest</li> <li>• Favor fresh vegetables, cooked</li> </ul> <p><b>Healthy Protein:</b></p> <ul style="list-style-type: none"> <li>• Easy to digest beans such as mung beans and red lentils (soaked)</li> <li>• Low mercury fish such as salmon or tilapia</li> <li>• Nuts and seeds (in moderation)</li> <li>• Eggs or egg whites (unless allergic)</li> </ul> <p><b>Healthy fats:</b></p> <ul style="list-style-type: none"> <li>• Ghee, olive oil, coconut oil</li> <li>• Avocado</li> <li>• Fish oil</li> <li>• Flax oil</li> <li>• Seeds and nuts (in moderation)</li> </ul> <p><b>Whole Grains:</b></p> <ul style="list-style-type: none"> <li>• Quinoa</li> <li>• Buckwheat groats</li> <li>• Steel cut oats</li> <li>• Millet</li> <li>• Brown rice</li> </ul> <p><b>Home cooked meals</b></p>