

HEALTHY DIGESTION CHALLENGE: WEEK ONE

Eliminate	Limit	Favor
<p>Gluten</p> <p>White sugar</p>	<p>Refined grains:</p> <ul style="list-style-type: none"> • White flour (also called all-purpose flour or enriched wheat flour) • White rice <p>Dairy</p> <p>Meat, especially red meat and pork</p> <p>Raw and cold foods:</p> <ul style="list-style-type: none"> • Uncooked veggies • Fruit or veggie smoothies • Fruit or veggie juice • Raw nuts and seeds (alright in moderation) <p>Processed foods:</p> <ul style="list-style-type: none"> • Pasta, crackers and bread • Chips • Cookies and pastries • Deli meat • Boxed cereal • Protein powder • Canned or jarred foods • Frozen foods • Any prepared food <p>Preservatives and additives:</p> <ul style="list-style-type: none"> • Dyes • Citric acid • Basically any unrecognizable or hard to pronounce ingredient <p>Eating out:</p> <ul style="list-style-type: none"> • 2 times/week max (this includes any restaurant, deli, or prepared food) 	<p>Vegetables:</p> <ul style="list-style-type: none"> • 3+, one cup servings each day • Avoid frozen or canned vegetables • Avoid raw veggies, as they are hard to digest • Favor fresh vegetables, cooked <p>Healthy protein:</p> <ul style="list-style-type: none"> • Easy to digest beans such as mung beans and red lentils (soaked) • Low mercury fish such as salmon, cod, or flounder (wild-caught only) • Nuts and seeds (in moderation) • Eggs or egg whites (unless allergic) <p>Healthy fats:</p> <ul style="list-style-type: none"> • Ghee • Olive oil • Coconut oil • Avocado • Fish oil • Flax oil • Seeds and nuts (in moderation) <p>Whole grains:</p> <ul style="list-style-type: none"> • Quinoa • Buckwheat groats • Steel cut oats • Millet • Brown rice <p>Home cooked meals</p>