

HEALTHY DIGESTION CHALLENGE: WEEK FIVE

| Reintroduce | Eliminate | Limit | Favor |
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| <p>Gluten: Slowly reintroduce gluten by using moderation. Ideally one should limit to 1-2 servings daily for at least 7 days. If negative symptoms occur such as gastric upset, heaviness, sleepiness, brain fog, rash, or inflammation this is an indication gluten should be discontinued indefinitely.</p> | <p>Processed Foods:</p> <ul style="list-style-type: none"> • Pasta • Crackers • Breads • Chips • Cookies • Deli meat • Cereal • 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> <p>Dairy</p> <p>Red Meat and Pork</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>Meat:</p> <ul style="list-style-type: none"> • Avoid all meat after the midday meal (includes chicken), fish can still be eaten • Eliminate red meat and pork • Limit chicken to 3 times a week maximum <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>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, wild-caught fish • 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> |