



# 5 STEPS

## To Better Gut Health

**BY:**

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# IS IT THAT GUT FEELING?

The gut is a foundational component of your health. Not only is it responsible for the digestion and absorption of all your nutrients but it also plays a major role in your brain health, your hormone balance, and even your metabolism! So there's a lot of reason to be focusing on it.

So, let's get you started!



# Step 1:

## Optimize your fiber intake!

Fiber is the key to a happy gut! You should aim to get about 25-38 grams per day, according to bowel tolerance. Another way to think about it is to shoot for 25-30 different plant foods each week. This builds diversity and resilience.

### High fiber foods:

- Apple
- Raspberry
- Onion
- Garlic
- Oat
- Chia
- Green banana
- Cacao
- Butternut squash
- Beans
- Almonds



Track fiber in Cronometer!

[www.gutbrainbody.com](http://www.gutbrainbody.com)



# Step 2:

## Balance your blood sugar

Blood sugar fluctuations can easily disrupt your gut health. Eating meals and snacks that are well-balanced with more protein, fat, and fiber can keep your microbiome in balance.

### Meal Prep Tips:

- Use beans, potatoes, and squash as carbs instead of grains like rice, bread, or pasta.
- Eat the carbs last if you can, or after the fats.
- Keep snacks as nuts, seeds, veggies w/ guac or hummus, protein shakes, and salads.
- Walk for 15 min after a meal

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**Try these low carb recipes!**



# Step 3:

## Try some new probiotics!

Are you sick of yogurt? Try eating some new probiotic foods everyday. These can go a long way for your gut! Otherwise try taking a new supplement and see if you notice any improvement.

### Probiotic foods to try:

- Kefir
- Yogurt
- Kimchi
- Sauerkraut
- Kombucha
- Miso soup
- Sourdough bread
- Fermented pickles
- Tempeh



Try this probiotic slaw!

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# Step 4:

## Rule out food intolerances!

Have you ever tried to test which foods might be causing discomfort? Trialing some eliminations can be greatly insightful. I recommend starting with 2-3 foods and working up from there. Eliminating too much can be dangerous, so consult with me before going further.

### Foods to Suspect:

- Gluten
- Dairy
- Egg
- Sugar
- Processed foods
- Alcohol
- Fried foods

Work with me to get a personalized plan for food elimination!

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Try these allergen free recipes!



# Step 5:

## Fix your lifestyle and self-care routine

Stress, lack of exercise, or sleep issues will slowly take a toll on your gut health and can often make all the difference when you fix them. Try assessing which of these could be worth focusing on and start with small changes.

### Small Changes:

- Deep breathing 5 min/day
- Walking every morning
- Exercise 30 5 d/w
- Going to bed 30 min earlier
- Drinking calming hot tea
- Turning the phone off in the evening
- Journaling 3 min every day
- Incorporate more skin care



Check out this self-care journal!

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**Do you want a more  
customized approach?**

**Start with a FREE CALL!**

We'll Discuss:

1. Your primary concerns.
2. How I can help you.
3. What you need to get started.

*Let's Go Deeper!*

## CONTACT ME

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