

THE 'HEALTHY GUT' CHEAT SHEET

CREATED BY RENEW LIFE SPOKESPERSON DR. SARA CELIK, ND



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

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)
<p>Fruits</p> 	<p>1 Avocado 13g</p> <p><i>*All fruit servings are raw</i></p>	<p>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</p>	<p>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</p>
<p>Vegetables</p> 	<p>1 medium Artichoke 10g</p> <p><i>*All vegetable servings are cooked except celery</i></p>	<p>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</p>	<p>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</p>
<p>Grains</p> 	<p><i>*All grain servings are cooked</i></p>	<p>¾ cup Oatbran 3.4g ½ cup Amaranth 2.5g 1 slice Whole Wheat Bread 2.4g</p>	<p>½ cup Bulgur 2.7g 1 tablespoon Wheat Bran 1.6g ½ cup Long Grain Brown Rice 1.5g ½ cup Quinoa 1.3g</p>
<p>Nuts, Seeds & Legumes</p> 	<p>½ cup Navy Beans 9.5g ½ cup Adzuki Beans 8.5g</p>	<p>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</p>	<p>2 tablespoons Almond Butter 1.2g</p>

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
 Self Nutrition Data. Nutrition Facts. [Internet] [Cited on March 9, 2016]. Available from: <http://nutritiondata.self.com/>