

# What to Eat for Gut and Hormonal Health



**Natalia García**

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## Whole Foods vs Processed Foods

Whole foods are unrefined (or unprocessed), which means that they are as close to their natural form as possible. Processed foods, on the other hand, have undergone substantial modification in a food processing plant. Processed foods have usually been stripped from their nutrients and have been added extra sugar, fat, salt, preservatives, dyes and chemicals, they generally provide many calories with little value to your body.

### Let go of Processed foods:

- Bread, pasta, crackers.
- Candy.
- Chips, pretzels, granola bars.
- Most cereals.
- Muffins, cookies.
- Sausage, salami, bologna, hot dogs.
- Fruit snacks, fruit juice.
- Sources of added sugar - If you upgraded to the Gut Health Program, then complete the '*Added Sugar Evaluation*'.

Find a better alternative or use the **80/20 rule**, i.e. eat whole foods 80 percent of the time and limit processed foods to just 20 percent of your meal.

\*If you upgraded to the Gut Health Program, find the complete list of approved products and brands in your '*Better Alternatives*' guide.

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Let go of...	Better alternatives or make your own
Bread	Grain free bread – There are options online. If you upgraded to the Gut Health Program, refer to the 'Better Alternatives' list of approved products and brands.
Pasta	Chickpea or lentil pasta * or zucchini pasta
Crackers	Blue diamond almond crackers
Granola Bars	RX bar® - without peanuts
Muffins	Natalia's Wholesome muffin in a mug! – Refer to the Meal Plan or your Recipe Book if you are part of the Gut Health Program
Cookies	Make your own using ingredients like almond flour! – Check Your Healthy Desserts Guide if you follow the Gut Health program
Fruit Snacks	Dried fruit without added sugar
Fruit Juice	Brew herbal tea and keep it cold in a pitcher – you can add organic stevia

\*Legumes like chickpeas and lentils are not ideal for people with **autoimmune conditions**.

\*\*If you are part of the Gut Health program, you can find the list of approved products and brands in the 'Better Alternatives' guide, or refer to your Grain-free Recipe Book or Healthy Desserts guide for ideas and inspiration.

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## What Carbs to Eat – Unprocessed Whole Ones

Whole Foods	Processed Foods
Fruit	Candy
Starchy vegetables (winter squash, peas)	Bread
Non starchy veggies (zucchini, spinach, broccoli, cauliflower)	Corn, rice, potato chips and derived products
Black rice (not pilaf)**	*Grains – corn, rice, quinoa, millet, sorghum, oats, teff, barley, wheat, whole wheat, amaranth
Lentils, peas, chickpeas, beans, bean sprouts, peanuts, succotash, chocolate, coffee ***	Refined flours
Sweet potato (resistant starch)	Granola bars, muffins, crackers, pretzels
	Drinks and Foods loaded with added sugars

\*Grains – not ideal for people with **autoimmune conditions** –eat very seldomly and in their organic non-GMO form if eaten. **Must be in their whole form** (rice, oats, millet, buckwheat)

\*\*Black rice – sometimes called wild rice – is NOT a grain. It is a grass



\*\*\*Legumes such as: beans, peas, chickpeas and other products made from legumes, are generally OK to eat but they might **cause problems for people in the autoimmune spectrum.**



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## What Proteins to Eat – Quality Matters

Whole Foods	Processed Foods
Grass Fed Beef	Deli meats –salami, sausage, hot dogs*
Hormone free-antibiotic free chicken, eggs, fish wild caught	Chicken nuggets, burgers*
Lentils, peas, chickpeas, beans**	Fake meat (made from soy) products
Plant based yogurt***	American cheese and other cheeses
Nuts except cashews and peanuts	Milk, butter, cream, sour cream, yogurt products
	Kefir, sherbet, whey or casein (powders & ingredients)

\*When you do have to choose processed options: choose wisely. Ex: Grass fed beef hot dogs from whole foods market, or whole foods butcher-made chicken sausage

\*\* Legumes such as: beans, peas, chickpeas, peanuts, peanut butter and other products made from legumes, are generally OK to eat but **they might cause problems for people in the autoimmune spectrum.**

\*\*\*Watch out for added sugars and low protein contents or protein content and protein coming from processed soy such as soy protein isolate

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## What Fats to Eat – Unprocessed: depends on where it came from

Whole Foods	Processed Foods
Olives, olive oil	Corn oil, soybean oil*
Avocados, avocado oil	Sunflower oil, cottonseed oil*
Coconut oil	Products containing trans fat (partially hydrogenated vegetable oil)
Grass fed meat	Fried foods
	Processed meat products

\*Where are these found? Potato chips, store bought salad dressings, processed foods

\*\*Good for baking and roasting, can get to high temperature

## Wholesome Snacks

- Apple
- Pear
- 1 cup of cantaloupe
- 1 cup of berries
- Orange
- Banana
- 1 cup pineapple
- Carrots, Celery, Peppers with mashed avocado