

GOOD FOODS FOR DIGESTIVE HEALTH:

1. Cooked vegetables (especially sweet potatoes, new potatoes, beets, bamboo shoots, carrots, turnips, parsnips)
2. Ginger tea
3. Bone broth – or stews and soups make with a base of bone broth
4. Raw dairy (milk, cheese, butter)
5. Eggs
6. Ripe fruit (especially ripe banana)
7. Cooked fruit (baked apples, peaches, plums, pears)
8. Stewed meats (chicken, lamb, beef, turkey, pork etc.)
9. Butter, ghee, or coconut oil
10. Raw honey, fruit compote

AVOID:

- All grains/ starches (well rinsed and well-cooked potato is ok)
- Pasteurized dairy
- Raw vegetables
- Nuts/ seeds