

DAILY FOOD GUIDE

- **2+ servings of local, organic, seasonal fruit**

- **1+ servings of non-starchy vegetables**
 - Aim for vegetables to make up ~80% of your plate
 - Broccoli, leafy greens, cabbage, cauliflower, asparagus, zucchini, green beans, Brussels sprouts
 - Simply steam, roast lightly, or make a vegetable soup or stew
 - Large salads with a base of romaine or mixed greens
 - Include your favorite salad fixings (tomato, cucumber, avocado, olives, shredded vegetables)
 - Add: protein, beans, nuts/seeds, fermented foods

- **1 root vegetable daily**
 - Yams, sweet potatoes, jicama, carrots, beets, parsnips, rutabaga
 - Baked, roasted, or steamed
 - Cook several at once and reheat as leftovers
 - Helps support satiety and reduce sugar cravings

- **At least 1 forkful of fermented food**
 - Sauerkraut, kimchi, fermented pickles, miso
 - Check kombucha labels carefully—many contain added sugar

- **1 serving of beans or legumes (high fiber)**
 - Lentils, split peas, black beans, pinto beans, chickpeas
 - Lentils are often easiest to digest and quick to prepare

- **1+ servings of high-quality protein**
 - Meat, fish, eggs, nuts, seeds, tempeh
 - Soy products can be problematic for some people
 - Fermented soy (tempeh, miso) is generally easier to digest

- **Probiotics and supplements you have chosen**
 - Select products appropriate for your individual needs

- **Hydration**
 - Drink enough fluids throughout the day
 - Include water-rich foods (vegetables, soups, fruits)

- **Digestive rest (optional)**
 - Consider daily intermittent fasting
 - Avoid calories for a minimum of 12 hours overnight

AVOID OR ELIMINATE

❑ **Fried foods (especially deep-fried)**

- Light sautéing is fine on low to medium-low heat
- Cook with olive oil, avocado oil, or coconut oil

❑ **Gluten-containing grains**

- Wheat, barley, rye, spelt, triticale, kamut, farro
- Try almond flour for baking
- Better grain options (if tolerated): quinoa, millet, buckwheat, brown rice, amaranth, teff

❑ **Dairy products**

- Homemade non-dairy butter, milk, creamer, and sour cream are easy to make from nuts
- Read labels on non-dairy alternatives to avoid chemical additives, thickeners, “natural” flavors

❑ **All added sugars (including natural sweeteners)**

- Avoid honey, maple syrup, agave, coconut sugar
- Use stevia or monk fruit (zero glycemic)
- Baking alternatives: bananas, applesauce, dates
- Search for “keto” or “paleo” recipes for inspiration

❑ **Highly refined and ultra-processed foods**

- Emphasize whole, unprocessed, real foods
- Cook from scratch as much as possible

❑ **Avoid pesticides and non-organic foods**

- Conventional farming chemicals are used to kill insects and microbes
- These same chemicals can disrupt beneficial gut bacteria

❑ **Corn and corn-based products**

- Corn is difficult for many people to digest

❑ **Personal trigger foods**

- Common sensitivities include soy and oats
- Observe symptoms and adjust accordingly

This list may be temporary. Focus more on what you are adding to your diet. This may feel like a big change if you are accustomed to the Standard American Diet. As digestion improves and symptoms lessen, many people find that these changes feel empowering.

This handout is for educational purposes only and accompanies the article [Chronic Constipation and Gut Health: A Practical, Holistic Approach](#). It is not intended to replace individualized medical advice. Consult your healthcare provider before making dietary or supplement changes.

Addendum to [Chronic Constipation and Gut Health: A Practical, Holistic Approach](#) by Pati McDermott, CHT.