

# DAILY REMINDER CHECKLIST

**At least 2 servings of local, organic, seasonal fruit**

**At least 1 serving of non-starchy vegetables**

*Aim for about 80% of your plate in a range of colors*

*Steamed, sautéed, soups, stews, large salads*

**1 root vegetable daily**

*Yams, sweet potatoes, jicama, carrots, beets, winter squash*

*Baked, roasted, or steamed*

**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**

*Lentils are often easiest to digest and quick to prepare*

**At least 1 serving of high-quality protein**

*Meat, fish, eggs, nuts, seeds, tempeh, quinoa*

**Probiotics, herbs, and supplements you have chosen**

**Hydration**

*Filtered water, digestion-friendly teas, broth, water-rich foods*

*Addendum to Chronic Constipation and Gut Health: A Practical, Holistic Approach by Pati McDermott, CHT  
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