
Gut-Nourishing Foods
for a Healthier You

"All disease begin in the gut."
Hippocrates

Your gut plays a crucial role in your overall health, influencing everything from digestion to immunity. The foods you eat can have a profound impact on the balance of your gut microbiome. In this guide, you'll discover a selection of powerful, gut-nourishing foods that can support digestion, promote gut health, and boost your well-being.

xO. Stela



Artichokes

Artichokes are a **fiber-rich vegetable** known for their **high levels of inulin**, a **prebiotic fiber** that supports gut health by feeding beneficial bacteria. They also contain **antioxidants** that combat inflammation in the digestive tract.

Steamed or roasted, artichokes are a versatile option that can be enjoyed as a side dish or a hearty addition to salads.

Benefits

Artichokes help ***improve digestion, reduce bloating, and support overall gut health through*** their prebiotic content.

Nutritional Yeast

Nutritional yeast is available in most grocery stores and often in the "health" aisle.

Nutritional yeast, also known as "nooch," is a type of deactivated yeast popular among vegetarians and vegans and serves as a tasty substitute for parmesan cheese.

The flaky texture and savoury flavour of nutritional yeast can mimic cheese's role in many recipes, giving your dishes the depth of flavour they need.

In addition to providing a "cheesy" flavour, **nutritional yeast is also an excellent source of vitamin B12,** a nutrient that's often lacking in plant-based diets. It also provides additional protein; *once opened, it must be stored in the fridge.*

Incorporating nutritional yeast into your recipes is a delicious and healthy way to enhance your meals' taste and nutritional value.

Benefits

Nutritional yeast is a rich source of B vitamins, including vitamin B12, which is often deficient in plant-based diets. It also contains protein, fibre, and minerals like zinc and selenium.



Kimchi

Kimchi is a traditional Korean fermented vegetable dish, often made with cabbage and radishes.

The **fermentation process produces beneficial probiotics** that help improve gut health by **balancing gut bacteria** and **enhancing digestive function**.

This tangy and spicy side dish is also packed with **vitamins A, B, and C**, along with beneficial compounds like **capsaicin** and **antioxidants**, contributing to overall wellness.

Benefits

Kimchi is ***rich in probiotics*** that support a healthy microbiome, improve digestion, and may boost immune function.



Tahini

Tahini is a smooth, nutty paste made from sesame seeds, and is found in many Mediterranean and Middle Eastern cuisines.
It is both **vegan and gluten-free**, and has an impressive nutritional profile.

It's a good source of **plant-based protein, heart-healthy unsaturated fats, and essential minerals like magnesium, potassium, and iron**. These components, particularly the beneficial fats, can play a role in lowering cholesterol levels, and promoting heart health.

You can make your own Tahini by grinding sesame seeds into a smooth paste.

Benefits

Tahini also helps to support digestive health, due to its high fibre content, offering nourishment for beneficial gut bacteria.



Ghee

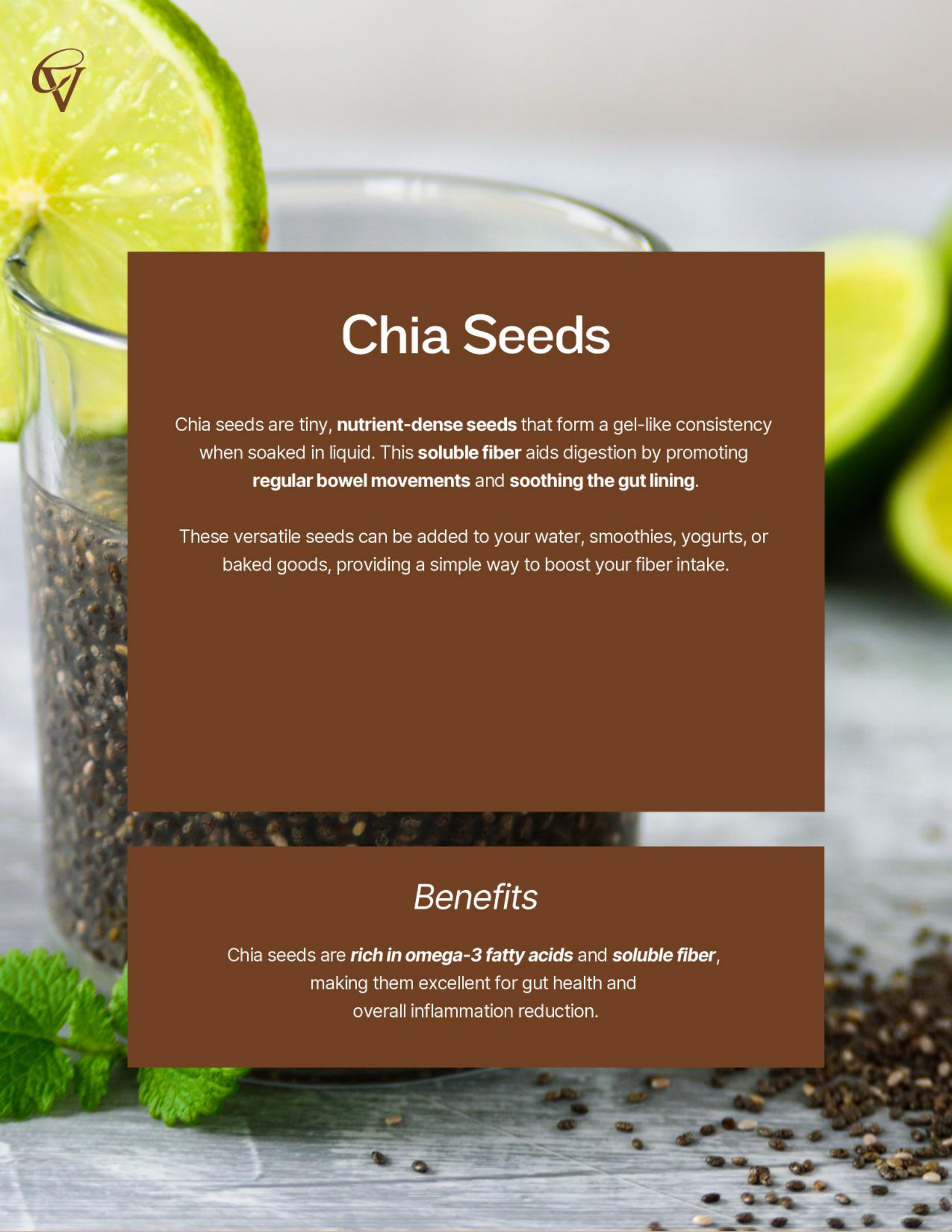
Ghee is rich in **healthy fats, lactose-free**, and has a high smoke point. It has been found to have **anti-inflammatory properties** to support gut health.

Found in most grocery stores, often in the international or health food aisle, ghee is celebrated for its anti-inflammatory properties, which support overall gut health.

In addition to its smooth, nutty flavor, ghee is a **nourishing fat** that can enhance the absorption of **fat-soluble vitamins** and **promote a balanced, thriving gut microbiome.**

Benefits

Ghee has a small amount of butyric acid. ***This fatty acid is created when the good bacteria in your gut break down dietary fibre.***



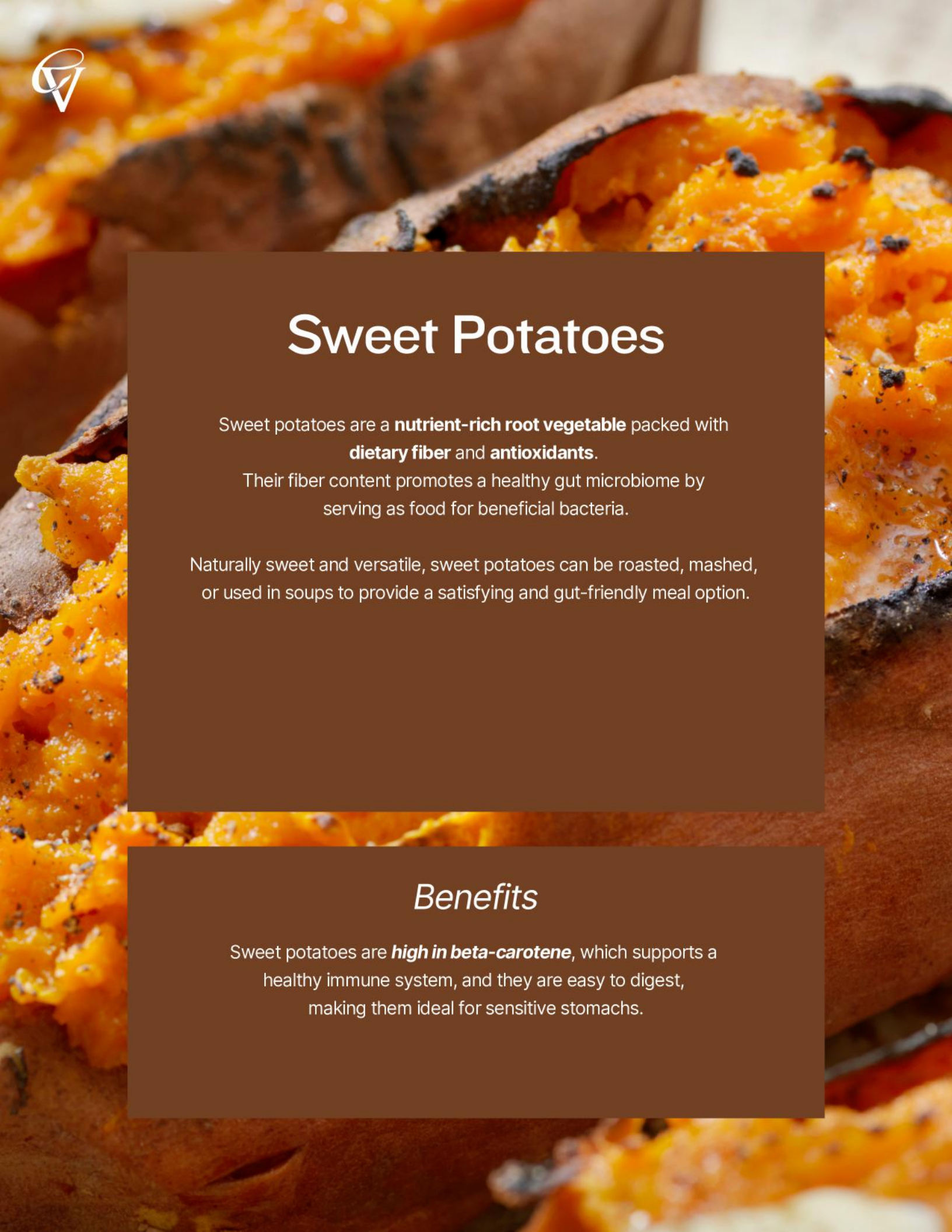
Chia Seeds

Chia seeds are tiny, **nutrient-dense seeds** that form a gel-like consistency when soaked in liquid. This **soluble fiber** aids digestion by promoting **regular bowel movements** and **soothing the gut lining**.

These versatile seeds can be added to your water, smoothies, yogurts, or baked goods, providing a simple way to boost your fiber intake.

Benefits

Chia seeds are ***rich in omega-3 fatty acids*** and ***soluble fiber***, making them excellent for gut health and overall inflammation reduction.



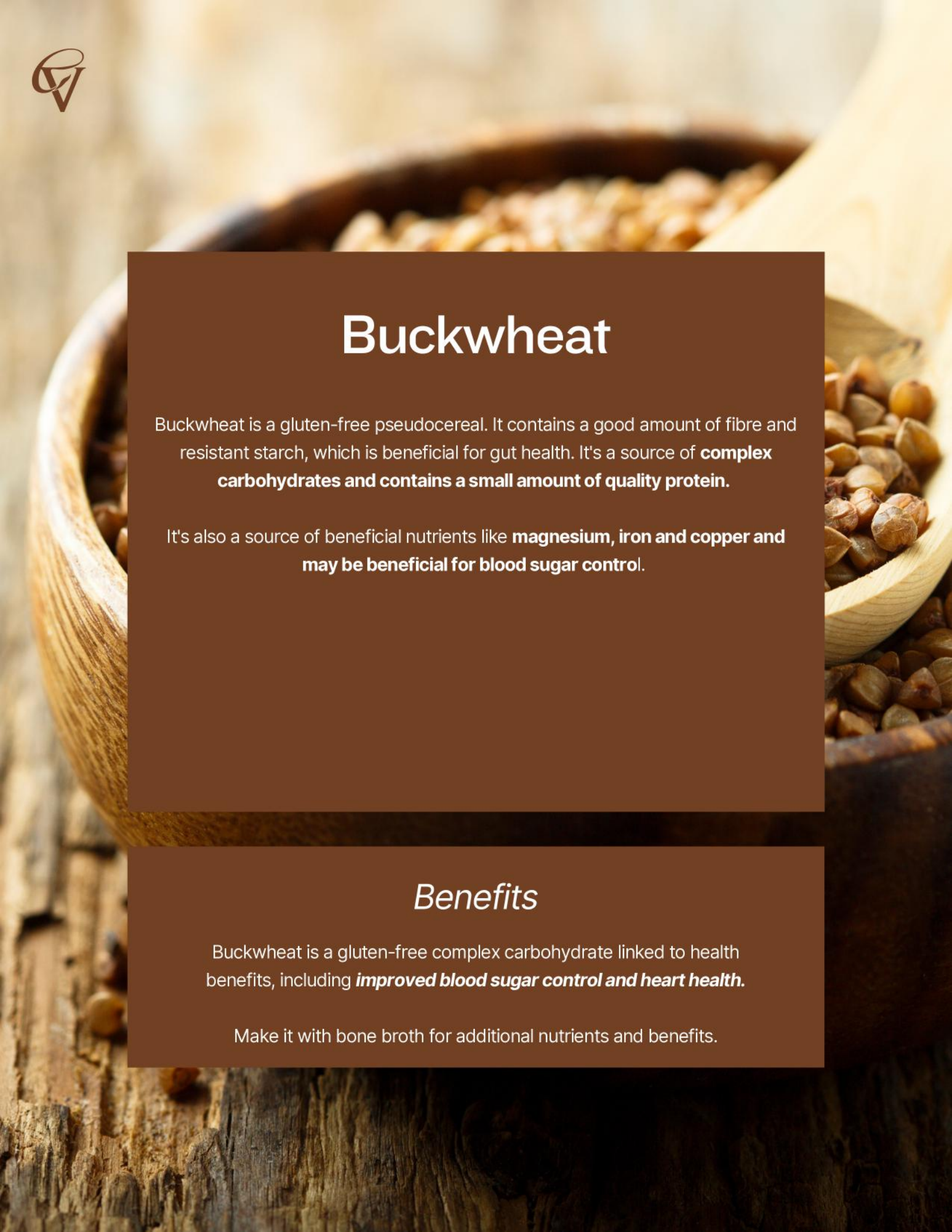
Sweet Potatoes

Sweet potatoes are a **nutrient-rich root vegetable** packed with **dietary fiber** and **antioxidants**.
Their fiber content promotes a healthy gut microbiome by serving as food for beneficial bacteria.

Naturally sweet and versatile, sweet potatoes can be roasted, mashed, or used in soups to provide a satisfying and gut-friendly meal option.

Benefits

Sweet potatoes are ***high in beta-carotene***, which supports a healthy immune system, and they are easy to digest, making them ideal for sensitive stomachs.



Buckwheat

Buckwheat is a gluten-free pseudocereal. It contains a good amount of fibre and resistant starch, which is beneficial for gut health. It's a source of **complex carbohydrates and contains a small amount of quality protein.**

It's also a source of beneficial nutrients like **magnesium, iron and copper and may be beneficial for blood sugar contro**l.

Benefits

Buckwheat is a gluten-free complex carbohydrate linked to health benefits, including ***improved blood sugar control and heart health.***

Make it with bone broth for additional nutrients and benefits.



Spirulina

Spirulina is a type of algae that thrives in both fresh and saltwater. It's a nutrient-rich supplement available in powder or tablet form. Along with **protein, copper, and B vitamins**, Spirulina provides **antioxidant and anti-inflammatory** benefits and may help regulate blood sugar.

This type of algae is recognised by its vibrant dark green colour and is commonly used in smoothies, yoghurt, and smoothie bowls.

Benefits

Spirulina contains an active substance called phycocyanin. This is renowned for its strong antioxidant and anti-inflammatory properties.

Studies show that spirulina may help boost heart health by reducing triglyceride levels and improving cholesterol profiles.



Asparagus

Asparagus is a spring vegetable known for its **prebiotic properties**, particularly its content of inulin, a type of soluble fiber that feeds beneficial gut bacteria.

This vibrant green vegetable can be roasted, steamed, or added to salads for a flavorful and gut-healthy addition to meals.

Benefits

Asparagus supports digestion, promotes healthy gut flora, and provides essential nutrients like ***folate*** and ***vitamin K***.



Bone Broth

Bone broth, made by simmering animal bones and connective tissues, is a **nutrient-rich** base for soups, stews, casseroles, and sauces. It can replace water when cooking grains like rice, quinoa, or buckwheat, adding extra flavor and nutrients. Some even enjoy it as a warm, soothing beverage.

For **vegetarians or vegans**, you can create a similar **nutrient-packed broth** using a mix of vegetables like carrots, celery, onions, garlic, mushrooms, and herbs such as thyme and bay leaves. Add **miso paste** or **seaweed** like kombu for an extra umami boost.

Tips for Store-Bought Bone Broth:
Look for organic or grass-fed options.
Avoid products with added sugars or preservatives.
High-quality broth often has a jelly-like consistency, thanks to gelatin.

Benefits

Bone broth is a rich source of ***collagen, and the amino acids it contains, particularly glutamine, can help support gut health.***

It's an excellent source of nutrients thought to help support the immune system and reduce inflammation.



Cacao Powder

Cacao powder is recognised for its **rich, bitter flavour and nutritional value**.

Made from ground cacao beans, it's packed with essential minerals like **magnesium, iron, potassium, and calcium**, all of which support various bodily functions, including **muscle health, heart health, and bone strength.** By incorporating cacao powder into your diet, you can enjoy both its delicious taste and its range of health benefits, including supporting gut health and improving mood.

Cacao powder can be used for a rich chocolate flavour in baking, smoothies, and chia puddings.

Benefits

Cacao powder contains flavonoids, which are natural compounds with ***antioxidant properties.***

The fibre content of cacao powder may help with ***digestion and help you feel fuller for longer.***



Sauerkraut

Sauerkraut is finely shredded cabbage that has undergone **natural fermentation**, making it a potent source of **probiotics**.

These probiotics contribute to a balanced gut microbiome, helping to **alleviate digestive issues like bloating** and **constipation**.

This tangy, crunchy food is versatile, easily paired with sandwiches, salads, or as a side dish to enhance your meals while supporting your gut health.

Benefits

Sauerkraut provides ***probiotics*** and ***fiber***, supporting digestion, reducing inflammation, and improving nutrient absorption.



Hemp Seeds

Hemp seeds, also known as hemp hearts, are a versatile superfood packed with **high-quality protein**, making them an excellent addition to smoothies, yogurt bowls, protein balls, and baked goods. They're also rich in **dietary fiber**, which supports **gut diversity and overall digestive health**.

Plus, their **healthy fats** provide essential nutrients that can aid in maintaining a **balanced and thriving gut microbiome**.

Benefits

High in Omega-3 fatty acids, hemp seeds may reduce inflammation in the gut and support the immune system.



Spaghetti Squash

Spaghetti squash is a type of winter squash that, when roasted, offers spaghetti-like strands.

High in fiber, it supports **healthy digestion** by promoting regular bowel movements and **nourishing beneficial gut bacteria**. This gut-friendly food is rich in **essential vitamins and minerals**, making it an excellent addition to any diet aimed at improving gut health and overall well-being.

Plus, its low glycemic index makes it a great choice for those looking to maintain balanced blood sugar levels.

Benefits

Spaghetti squash contains a variety of vitamins and minerals, including ***vitamin C, vitamin B6, and potassium***, contributing to a balanced diet. It can be beneficial for people with certain dietary restrictions or preferences like gluten-free.

Kefir

Kefir is a fermented dairy or non-dairy beverage, rich in **probiotics** and **beneficial enzymes**. Its creamy texture and slightly tangy flavor make it a delicious addition to smoothies or enjoyed on its own as a refreshing gut-friendly drink.

This drink contains a **diverse range of probiotic strains**, making it a powerhouse for enhancing gut flora and promoting healthy digestion.

Benefits

Kefir supports a ***healthy microbiome***, strengthens the gut lining, and may reduce symptoms of lactose intolerance.



Avocado Oil

Avocado oil is a nutrient-dense oil pressed from the avocado fruit. It has a higher smoke point than most cooking oils and has a mild flavour that does not overpower dishes, making it an enjoyable addition both in cooking and when used raw.

It is rich in **oleic acid, a type of unsaturated fat known for its heart-healthy properties**. Oleic acid has been associated with reducing levels of low-density lipoprotein (LDL) cholesterol, often referred to as “bad cholesterol” .

Benefits

When shopping for avocado oil, look for "***cold-pressed***". This indicates that the oil was extracted without using high heat. This method of extraction helps to preserve the nutritional content of the oil, including ***vitamins, minerals, and antioxidants***.



Quinoa

Quinoa is a **nutrient-dense** pseudocereal that's naturally gluten-free, making it an ideal choice for those with celiac disease or following a **gluten-free** diet. It's a rich source of **dietary fiber**, which provides **prebiotics** to nourish beneficial **gut bacteria**, supporting a h**ealthy microbiome**.

This versatile food can be used in a variety of dishes, from salads to stir-fries, and serves as a wholesome alternative to rice or pasta, adding both **texture** and **nutritional value** to your meals.

Benefits

Quinoa is an excellent source of ***plant-based protein*** and it is considered a ***complete protein***, containing all the ***nine essential amino acids*** required by the body.



Tempeh

Tempeh is a fermented soybean product that's **rich in probiotics** and **plant-based protein**. Its **fermentation process** enhances its digestibility and makes it a powerful food for gut health.

Tempeh's nutty flavor and firm texture make it a versatile ingredient for stir-fries, salads, or as a plant-based meat alternative.

Benefits

Tempeh provides ***probiotics***, supports a healthy microbiome, and is an excellent source of ***complete plant-based protein***.

Disclaimer

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