

## **Living Well with Geeta**

### **Gut Promoting foods**

**Probiotics:** Consume at least one or more foods from the probiotic list on a daily basis.

Note that though beer and wine have been included, the commercially prepared and bottled are generally poor sources.

- Apple Cider Vinegar
- Aged Balsamic ( 2 yrs. plus)
- Beer (unpasteurized)
- Cultured/fermented vegetables
- Kefir, Milk
- Kefir, Water
- Khimchi
- Miso
- Saurkraut
- Beet Kvass
- Wine, Red/white
- Yogurt, full fat, traditional(not flavored/sweetened)
- Coconut yogurt

### **Pre-Biotic Foods: (needed for the growth and survival of the healthy gut bacteria)**

Try to include one from each category in your diet daily. Also follow cooking practices like stir-frying, steaming etc. to ease digestion of certain foods that may lead to bloating or gas for some people based on their digestion and underlying conditions. The most issues happen with cruciferous vegetables, radishes, spinach, cauliflower etc.

#### **A)Resistance starches foods(Grains)**

- Barley
- Brown/white rice
- Corn(non-GMO)
- Einkorn
- Kamut
- Oats
- Spelt
- Rye
- Whole wheat
- Sourdough bread ( prepared with levein)
- Quinoa
- Amaranth
- Millet

#### **B) Resistance Starches ( Beans/Legumes)**

- Black beans
- Black-eyed peas
- Chickpeas/Bengal gram
- Green beans
- Green peas
- Kidney beans
- Lentils(Red, green, brown)
- Navy beans
- Peanuts(organic)
- Soybeans (organic)
- Split peas
- Turtle beans

### **c) Resistance Starches (Tubers)**

- Sweet Potatoes
- Potatoes
- Jerusalem Artichokes
- Jicama

### **Pre-Biotics Fruits( FOS, Inulin)**

- Apples
- Bananas
- Dates
- Figs
- Grapefruit
- Lemons
- Nectarines
- Asparagus
- Beeta
- Broccoli
- Brussel Sprouts
- Burdock
- Cabbage
- Carrots
- Cauliflower
- Chicory
- Collard Greens
- Peaches
- Pomegranates
- Water melon
- Berries

### **Pre-Biotic Vegetables (FOS, Inulin)**

- Dandelion
- Garlic
- Kale
- Leeks
- Onions
- Radish
- Rutabaga
- Spinach
- Tomatoes

#### Note:

All grains/legumes/beans/lentils (specially the ones with skin) need to be soaked for 8 hours or overnight to improve digestibility. The ones without skin can be soaked for 4 hours at least. Brown rice should always be soaked for 8 hours or more as it is very high in phytic acid which makes it difficult for the to break down and absorb the nutrients easily.