

Happy Gut Guide

by Harpreet Pasricha

Find out more at
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GUT HEALTH QUIZ

Answer the questions given below

For each question, assign the following points:



- A) 4 points**
- B) 3 points**
- C) 2 points**
- D) 1 point**



Add up your total points to determine your gut health score.

How often do you experience digestive discomfort such as bloating, gas, or abdominal pain?

- A. Rarely or never**
- B. Occasionally**
- C. Frequently**
- D. Almost daily**

What is your typical diet like?

- A. Mostly whole foods such as fruits, vegetables, lean proteins, and whole grains**
- B. Balanced, but with some processed foods and occasional indulgences**
- C. High in processed foods, sugar, and unhealthy fats**
- D. Consists mainly of fast food, processed snacks, and sugary drinks**

How often do you consume probiotic-rich foods (curd , pickle , kombucha, saurkurt)

- A. Daily**
- B. Several times a week**
- C. Occasionally**
- D. Rarely or never**

Do you experience frequent stress or anxiety?

- A. Rarely or never**
- B. Occasionally**
- C. Frequently**
- D. Almost daily**

How would you rate your sleep quality?

- A. Excellent**
- B. Good**
- C. Fair**
- D. Poor**

**Have you recently taken antibiotics , antacids ,
painkillers ?**

- A. No**
- B. Yes, within the past month**
- C. Yes, within the past three months**
- D. Yes, within the past six months or longer**

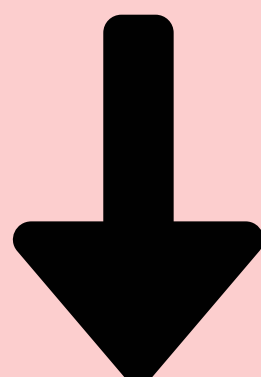
How often do you engage in physical activity?

- A. Daily**
- B. Several times a week**
- C. Occasionally**
- D. Rarely or never**

Do you have any food intolerances or allergies?

- A. No**
- B. Yes, but I manage them well**
- C. Yes, and they often cause discomfort**
- D. Yes, and they significantly impact my daily life**

Understand Your Score BELOW !



30-32 Points

Congratulations! your score indicates excellent gut health. You've been taking great care of yourself, and your current strategies are clearly paying off. Keep up the fantastic work, as your approach is working exceptionally well for you. Stay consistent with your healthy habits to maintain your excellent gut health

23-29 points

You have good gut health, but it's important to pay a little more attention to maintain it. Consider enrolling in a Gut Health program, which can provide valuable guidance and support to help you achieve excellent health conditions. Incorporating more gut-friendly foods into your diet can also be beneficial. With a bit of extra effort, you can further enhance your gut health and overall well-being.

16-22 points

Your score suggests poor gut health, indicating the need for some improvements. Incorporate regular changes like adding anti-inflammatory foods, and focus on improving your stomach acid. With guidance from a nutritionist and getting on consistent gut health plan over 20 weeks, you can significantly improve digestion, reduce bloating, and enhance nutrient absorption. This will help your gut health and overall well-being.

18-15 points

Your score indicates need quick attention to gut health, signaling the need for significant changes to support gut healing. Consistent guidance from a nutritionist is essential to improve your overall health. Incorporating strategies such as eliminating certain foods, balancing the gut microbiome with pre- and probiotics, and improving stomach acid can lead to feeling lighter, reducing pains and aches, boosting energy levels, and activating your metabolism. With the right support and lifestyle adjustments, you can achieve a healthier gut and overall well-being

What do you think our stomach and gut do ?

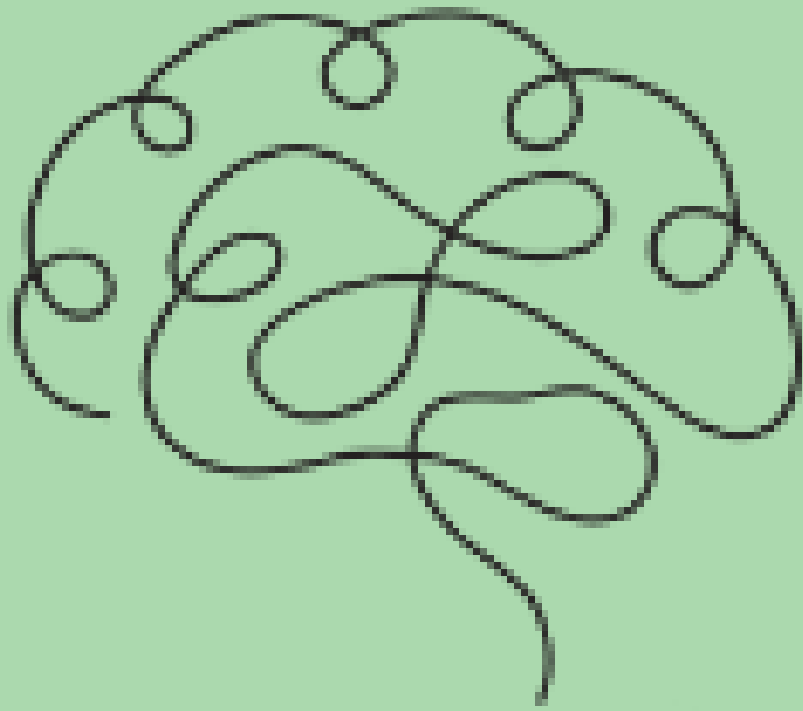
It digests food and converts it to energy

Absorb nutrients from our food

Break down the food that we eat



BUT, What else does the gut do?



Its *actually* called
“The Second Brain”

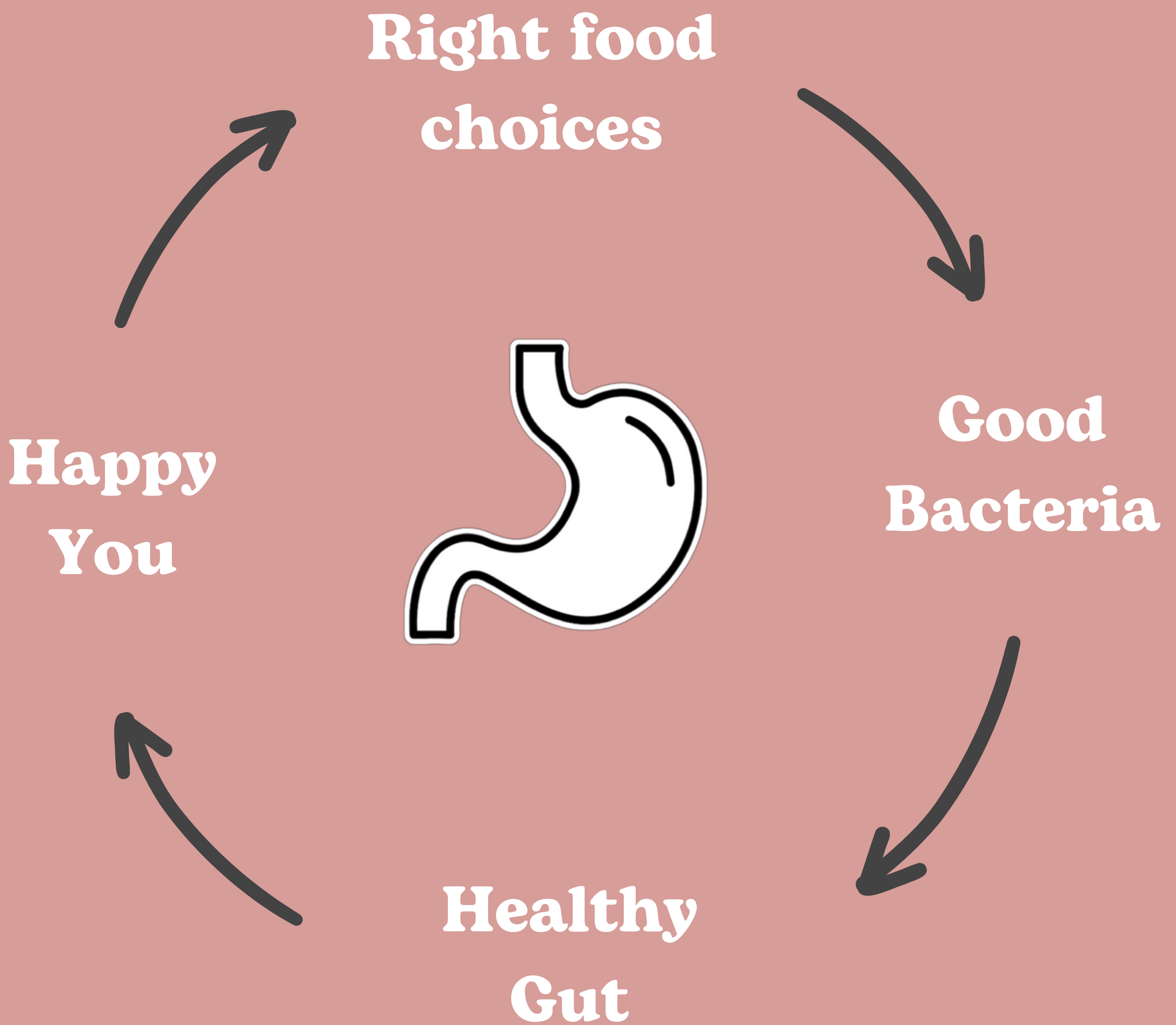
Your gut has the good bacteria squad, AKA gut microbiome or flora.

These tiny heroes can boost our immune system, uplift our mood, assist in weight loss, and offer various other benefits.

Watch out! The gut also plays host to some unfriendly micro organism known as bad bacteria.

The good news is that what you eat determines what goes on in your gut.

Why take care of your gut?



WARNING SIGNS OF AN UNHEALTHY GUT



FOOD INTOLERANCES

Food intolerances can result from poor gut bacteria quality, leading to symptoms such as bloating, gas, diarrhea, abdominal pain, nausea, and nutrient absorption issues.



INFLAMMED GUT

A diet high in sugar and processed foods can reduce good gut bacteria, leading to inflammation linked to various diseases, including cancer.



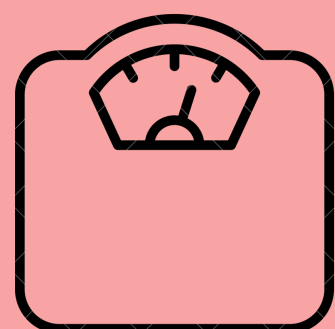
GASTRIC DISTURBANCES

If you experience symptoms like burping, bloating, constipation, diarrhea, heartburn, or acidity, it could indicate gastric disturbances or gut inflammation, as symptoms vary among individuals.



SLEEP DISTURBANCES

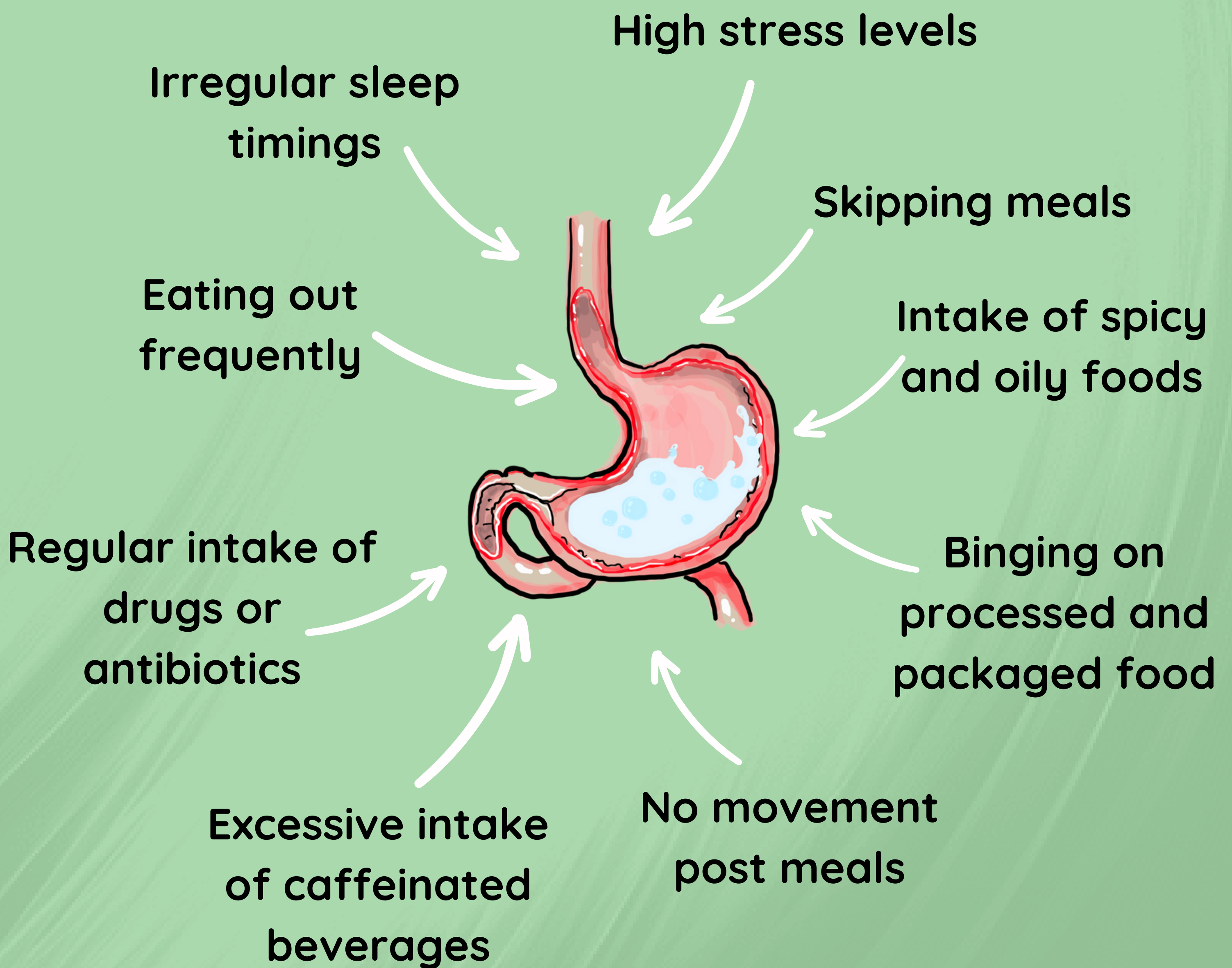
Serotonin, the "happy hormone" affecting mood and sleep, is produced in the gut. Gut issues can disrupt sleep, and sleep problems are associated with fibromyalgia risk.



WEIGHT CHANGES

High-fat and high-sugar diets can reduce beneficial microbes in the body, affecting weight, fat mass, insulin resistance, and inflammation. Dietary choices play a crucial role in gut microbe balance and weight changes.

What can lead to an unhealthy gut?



Types of Gut



CHOOSE THE RIGHT PATH



- Unhealthy lifestyle
- Gut issues
- Too many cravings
- Low motivation
- Irritable and moody



- Healthy lifestyle
- No gut issues
- Lesser cravings
- Better energy levels
- Stable mood

Journey to a healthier gut!

**Avoid unnecessary
Antacids/ Supplements**

1

**Include Probiotic
and Prebiotic Foods**

2

**Avoid raw foods
and alcohol**

4

**Limit sugars and
artificial sweeteners**

3

**Include anti-
inflammatory Foods**

5

Avoid milk

6

**Avoid highly processed
/ packages foods**

7

**Healthy gut,
Healthy You!**

PRE-BIOTICS

Foods that promote the growth of good bacteria

Examples



- Banana
- Home-made ghee
- White butter
- Coconut oil
- Boiled potato
- Rice
- Sweet potato



PRO-BIOTICS

Foods that consist of good bacteria

Examples



- Home made curd
- Water-based pickles
- Traditional buttermilk
- Fermented products
- Carrot kanji
- Idli / Dosa
- Dhokla / Handvo
- Sanna's



One tip to help an inflamed gut is to start your day with a banana and cook your food in ghee or white butter

Include anti-inflammatory foods (Foods that fight inflammation)

Tumeric



Ginger



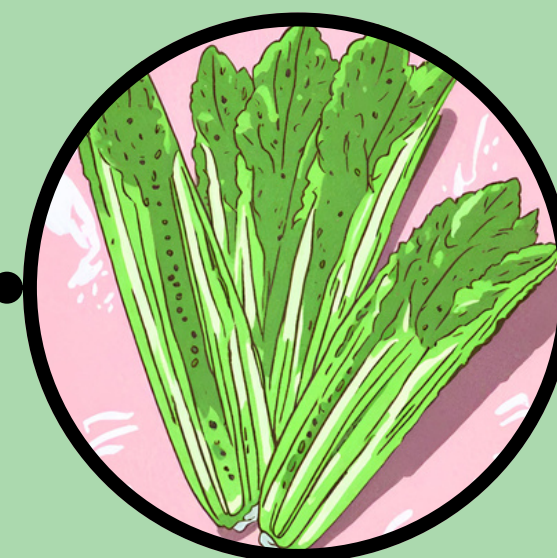
Walnuts



Beetroot



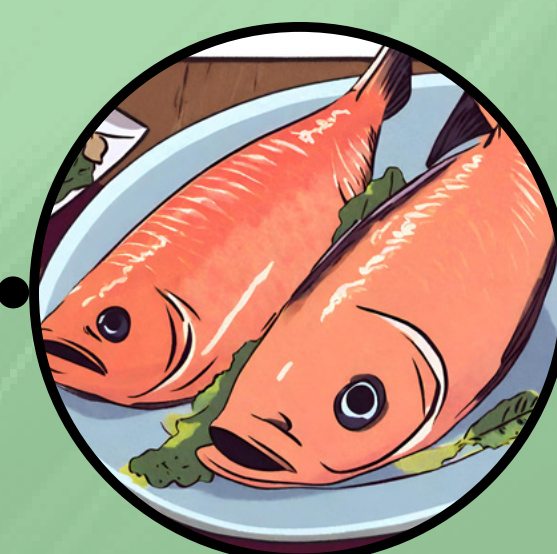
Celery



Chia seeds



Fatty fish
& Fish oil



Coconut
oil



Foods that Can Upset Your Gut

PROCESSED & PACKAGED FOODS

- Avoid all factory-made or packaged foods.
- Deli-Meats - pepperoni, ham, salami
- Sausage
- Pasta
- Chips
- Biscuits
- Namkeen
- Diet bhels
- Opt for homemade, cooked meals for gentler digestion and a lighter stomach.



ANTACIDS & SUPPLEMENTS



- However tempting it gets to pop in those pills, it is always recommended to try out natural methods.
- One tip that really helps with acidity or gas is including a glass of Ajwain seeds water.

MILK & DAIRY PRODUCTS

- Milk has shown to worsen the symptoms, however fermented milk products such as buttermilk, dahi or any other variants are allowed.
- However, in some cases, these foods also cause gastric issues. Thus, would recommend to try out small quantities and accordingly decide.



RAW FOODS & SALADS



- This includes raw salads, uncooked meat, raw fruits etc.
- Especially post 4 pm, try and avoid these foods.
- Vegetables can be included in form of steaming, sautéing or soups.
- Similarly, fruits can be added in form of mashed, smoothies or stewed form

SUGARS & ARTIFICIAL SWEETNERS

- Sugars in the form of visible and invisible should be limited.
- For eg- chocolates, ice-cream, candies & cookies.



ALCOHOLIC BEVERAGES & COCKTAILS



- Stay clear from alcohol and other alcoholic beverages.
- Alcohol consumption disrupts carbohydrate digestion, alters gut bacteria balance, and inhibits absorption of nutrients

Gut Friendly RECIPES



Sweet Potato

C H A A T

INGREDIENTS

- **Sweet Potato - 2 nos [Boiled]**
- **Chaat Masala - 2 tsp**
- **Imli Chutney - Optional [1 tbspn]**
- **Salt- as per taste**
- **Jeera Powder - ½ tsp**
- **Lemon juice- 1 tbspn**
- **Coriander Leaves - Handful**
- **Jaggey / Sugar/ Honey - 1 tsp**
- **Green Chilly - 1 no. Finely chopped**
- **Onions - ½ no Chopped**
- **Cherry Tomatoes - 4 -5 nos.**
- **Cinnamon- ½ tsp**

METHOD

- **Wash sweet potatoes and boil them. Allow them to cool.**
- **Take a mixing bowl.**
- **Add chopped sweet potatoes and all the other ingredients.**
- **Mix it well and garnish with fresh coriander leaves.**



Anti - Inflammatory S O U P

INGREDIENTS

- **100gm Pumpkin**
- **Shallots- 3 nos/Onion-1 no**
- **Tomato- 1 no**
- **Carrot-1 medium**
- **Pepper corn- 2 to 3 nos**
- **Cinnamon -1 small pc**
- **Ginger-1/4 inch**
- **Garlic- 1 pcs**
- **Coriander leaves-1 tsp**
- **Mint leaves-3 pcs**
- **Salt -1 pinch**
- **Lemongrass-2 inch stalk**
- **Basil leaves-2**
- **Organic haldi-2 pinch**

METHOD

- **Thoroughly wash the veggies and cut into pieces. Add all the ingredients in a pressure cooker.**
- **Add 2 cups of water and take 5 whistles on low flame.**
- **Blend in mixer.**
- **Strain through soup siever.**
- **Add chopped coriander leaves to garnish.**



Probiotic Mango

S M O O T H I E

INGREDIENTS

- **1 full mango (pulp)**
- **2-3 tbsp Home made curd**
- **1 tbsp Chia seeds**

METHOD

- **Take a mango, scoop out the pulp. Add it to a mixer with curd and chia seeds.**
- **Grind with ice cubes. Add it to a glass. You can top it up with some soaked chia seeds, chopped nuts and mint leaves. Enjoy.**



CREDITS



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