

# Healing Foods for Leaky Gut



**Leaky Gut Syndrome** is one of many diseases that results from chronic inflammation. Your gut health is connected to all aspects of your health. Many conditions, such as Leaky Gut Syndrome, are both reversible and curable when you follow the right diet and lifestyle advice.

This Mindd Guide is designed as an easy to use checklist of foods to eat, the frequency, and foods to avoid.

Read more about understanding leaky gut syndrome and how to heal your gut naturally in the [Mindd Foundation's feature article here](#).

## Eat These Foods Often

### Omega 3 EFAs / Proteins to reduce inflammation

- Grass-fed or organic meats (beef, lamb, chicken, rabbit, goat, bison)
- Organic bone broth
- Wild caught fish – e.g. Salmon
- Pasture raised eggs and egg yolks
- Fish oil
- Hemp (seeds and oil)
- Chia seeds (ground)
- Flaxseed (ground seeds and oil)
- Anchovies
- Mackerel
- Macadamia nuts
- Walnuts

### Other Healthy, Anti-Inflammatory Fats

Healthy fats like these are needed to calm inflammation and nourish the gut.

- Avocado
- Unrefined avocado oil
- Coconut meat
- Unrefined coconut oil
- Ghee (clarified butter)
- Grass-fed butter
- Macadamia nut oil
- Olives
- Unrefined olive oil



## Lightly Steamed or Cooked Non-Starchy Vegetables

These plant foods are easy on digestion and are antiinflammatory. The fiber feeds your healthy gut bacteria and fungi and provide essential nutrients. Note: Steaming or cooking these vegetables breaks them down for your gut, making them easier on your digestion.

- Artichoke
- Asparagus
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Leafy greens (dandelion, spinach, chard, watercress, kale, endive)
- Mushrooms
- Mustard greens
- Radish
- Sprouts
- Zucchini



## Probiotic Foods

These probiotic foods contain healthy bacteria that promote balance in your gut by increasing healthy gut bacteria.

- Coconut milk yogurt
- Coconut milk kefir
- Almond yogurt
- Sauerkraut
- Kimchi
- Kvass
- Water kefir



**The Microbiome  
is made up of  
100 trillion living  
microbes!**

## Herbs & Spices

These food medicines calm inflammation and help support gut health.

- Dandelion tea
- Licorice root tea
- Ginger
- Marshmallow root tea
- Peppermint
- Turmeric
- Water kefir



## Helpful Supplements

Supplements may be useful to give your body additional support for good digestion, energy levels, and a healthy microbiome. Consult with an integrative health care practitioner.

- Collagen
- Gelatin powder
- L-glutamine
- Licorice root
- Marshmallow root
- Probioticsw
- Quercetin
- Turmeric/Curcumin

---

# Eat These Foods Occasionally

## Starchy Vegetables

Good fiber foods help to detox the gut, and feed healthy gut bacteria, promoting good digestion and strong immunity. Consume these foods occasionally as excess carbs can damage the gut lining.

- Beets
- Carrots
- Parsnips
- Pumpkin
- Squash
- Sweet potatoes
- Turnips
- Yams



## Natural Sweeteners

These natural sweeteners should be used in very small amounts, since excess sugar will feed inflammation, candida and bacterial and fungal imbalances in the gut.

- Raw honey
- Coconut nectar
- Green leaf stevia
- Monk fruit sweetener
- Pure maple syrup
- Poached apples and pears (steamed fruit is easier on digestion)





# Avoid These Foods

## Foods That Damage the Gut Lining

- Legumes (including peanuts)
- Dairy products (milk, dairy yogurt, cheese, whey)
- Grains
- Gluten
- Refined sugar
- Unfermented soy products
- Alcohol
- Artificial sweeteners (aspartame, sucralose)
- Processed foods, packaged foods
- Refined vegetable oils (canola, peanut, soy, corn, safflower, sunflower)
- Deli meats and non-organic meats
- Nightshade vegetables\*

\* Nightshade vegetables such as eggplant, capsicum/bell peppers, potatoes, and tomatoes may promote inflammation, especially for those with autoimmune conditions, which are commonly seen with leaky gut.



**80% of our  
immune system  
is in the lining  
of the gut wall!**

## Further Reading:

Visit [Mindd.org](https://mindd.org) for more useful health advice and Integrative health practitioner referrals.

## References:

<https://www.mayoclinic.org/medical-professionals/clinical-updates/digestive-diseases/food-sensitivities-may-affect-gut-barrier-function>

<https://articles.mercola.com/sites/articles/archive/2017/10/30/broccoli-helps-heal-leaky-gut.aspx>

<https://chriskresser.com/the-bountiful-benefits-of-bone-broth-a-comprehensive-guide/>

<https://www.webmd.com/digestive-disorders/news/20060425/probiotics-help-stressed-gut#1>

<http://www.sciencedirect.com/science/article/pii/S1319016413000819>

<https://draxe.com/leaky-gut-diet-treatment/>

<https://avivaromm.com/10-signs-leaky-gut/>

<https://mindd.org/understanding-leaky-gut-syndrome/>

**The gut lining  
comprises a  
surface area of  
approximately 400  
square meters and  
requires twice as  
much energy as the  
brain to function  
effectively!**

