



## **What should you eat to optimize your gut health?**

Follow these simple tips to help improve your gut health. One, avoid eating refined and processed foods, especially refined sugars. Two, eat real foods, but limit your intake of starchy vegetables such as beets and potatoes. Three, try including some fermented foods such as sauerkraut, kimchi, dill pickles, and raw, unfiltered apple cider vinegar. Try to avoid consuming kefir or kombucha though. Four, limit your intake of wine and other alcoholic beverages. And five, fast consistently. These suggestions should help you improve your gut health over time.