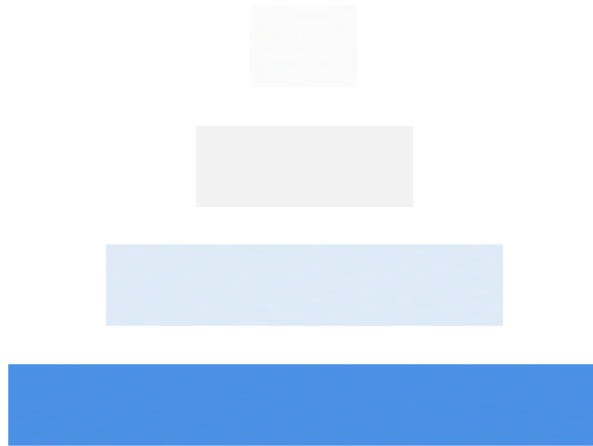




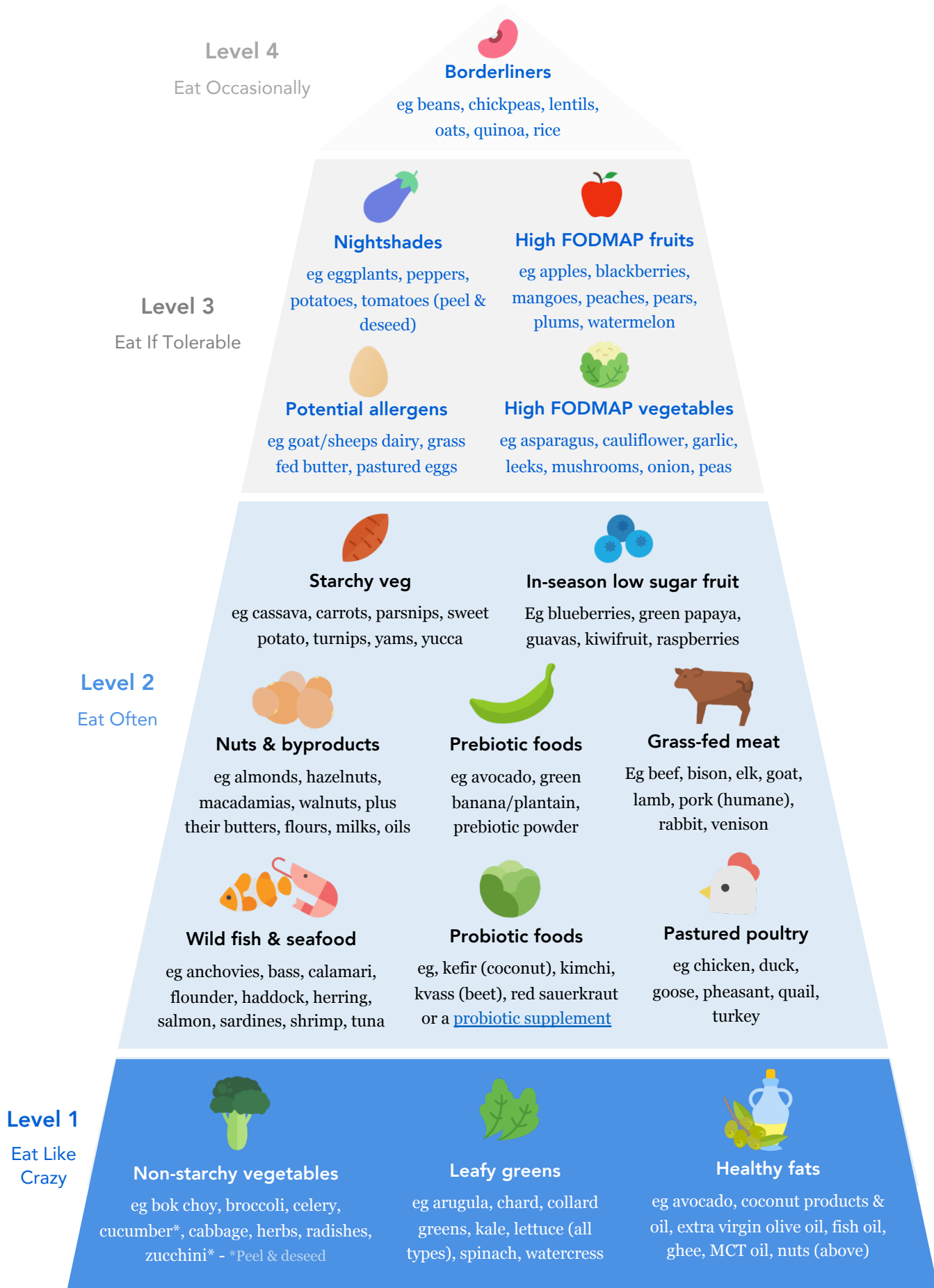
The Ultimate Food Poster For Leaky Gut

Let's clear up all the conflicting food advice once and for all, as we distill the entire diet down into one page.



This guide is for information purposes only. Please consult your doctor before undertaking any health protocol.

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Level 4
Eat Occasionally

OK to eat monthly, in small quantities, once your gut is better. Especially if pressure cooked.

Level 3
Eat If Tolerable

Most of these foods are fairly healthy (with the most gut-friendly being the *potential* allergens and FODMAP veg). But certain people simply can't tolerate some of these foods, eg people with autoimmune conditions.

So work with a registered dietitian and do an elimination/reintroduction diet to determine which foods you personally can handle.

Typically, this group of foods will be 10% of our daily calories.

Level 2
Eat Often

These foods are delicious and nutritious (with the healthiest foods being fish/seafood, probiotics and poultry). The range of flavors and textures available here should hopefully make sticking to the leaky gut diet easy. Some quick tips:

- Clean protein - the quality matters, a lot. So try to opt for wild caught, pastured, grass fed etc. And limit it to 5 ounces (~140g) per serve, which is healthier and more affordable.
- Probiotic and prebiotic foods - start small and work up to larger serving sizes over time (especially with prebiotics!). And if you find these foods hard to eat often, try a probiotic supplement [like this](#).
- Nuts, fruits & starchy veg - eat them often, but in small serving sizes. Eg 7-8 nuts, 10-12 berries, 1/2 a sweet potato. And if any of them don't sit well for you, ditch 'em!

Typically, this group of foods will be 40% of our daily calories.

Level 1
Eat Like Crazy

Say hello to our best friends! Gut-friendly vegetables and healthy fats. The big idea here is to use our vegetables as a delivery vehicle for our fats. Eg a mixed salad slathered in extra virgin olive oil or roasted broccoli finished with MCT oils and chopped walnuts.

Typically, this group of foods will be 50% of our daily calories.

The Action Plan

Here's how to make the most of this food pyramid and show your gut the love!

1) Print off the food pyramid poster (page 1)

After you print it out, take your 3 year old nephew Timmy O'Toole's mediocre finger painting off the fridge and stick this up instead. This pyramid is much more important, because it will not only serve as your daily reminder, but it will also act like a guest list at a club...only foods on the list get into your fridge!

2) Shop your favorite foods from Levels 1 & 2

Pick your favorites and stock up on them. Think loads of green veggies, olive oil, fish etc. By having them at home, you'll be 10x more likely to eat well this coming week. Obviously, anything not in the pyramid, eg unhealthy vegetable oils, refined carbohydrates, soy products etc, should be thrown out.

3) Ignore foods from Levels 3 & 4 for 30 days

I know it can be tough to temporarily say goodbye to these foods, but it is worth it, as you'll soon be able to workout which ones you really can eat, and which ones you'll have to resign to the gastronomic dustbin of history. There's no better way to uncover hidden triggers and feel better.

4) Then test foods from Levels 3 & 4

Once the 30 days are up, start reintroducing one food at a time from levels 3 & 4 and in small amounts, eg half an apple, not a full one. I personally add one new food every 3 days, as that gives me enough time to see if there are any delayed symptoms. Bring the foods that don't cause a reaction back into your normal diet and ditch the ones that still don't play well.

5) Use enzymes to make foods easier to digest

As you'll see on the next page, enzymes can help us digest foods from all 4 levels - including the trickier ones like complex carbs, pectin-filled-fruits & FODMAP foods. Since different foods require different enzymes, it is important to look for an enzyme supplement with a very wide range of enzymes, [like this one](#).

Want Some Help?

Enzymes can help us break down the foods. Here's how...



Enzymes for healthy fats

- Lipase is the main enzyme that can help us break down the healthy fats we eat on this diet. From extra virgin olive oil to avocados to tasty macadamia nuts, lipase makes turning fats into fatty acids and glycerol much easier. Can help with weight management too.



Enzymes for vegetables

- Amylase can help break down the starches (complex carbs) in our vegetables (eg sweet potato) into simple/soluble sugars. An absolute digestive angel.
- Cellulase, Hemicellulase and Xylanase can help us unlock key nutrients from vegetables, as well as fruits, by breaking down the fiber in them, eg cellulose.
- Alpha-Galactosidase can help with cruciferous veg (eg broccoli), as well as other carbs (eg legumes), meaning less bloating and gas! One of my favorites.



Enzymes for our clean protein

- A blend of alkaline, neutral and acid stable Protease enzymes (as well as Papain and Bromelain) can help us break down the protein in fish, chicken, meat, nuts and eggs, into peptides and amino acids.



Enzymes for the harder-to-digest foods

- Lactase enzymes can help break down lactose (milk sugar in dairy) into glucose and galactose. Sheeps/goats dairy just got a whole lot better!
- Glucoamylase can help break down maltose/malt sugar in any grains we eat. Whilst Beta-Glucanase can help with a special type of fiber in grains. Making them a great duo when we're eating foods towards the top of the pyramid.
- Pectinase supports break down of pectin, a troublesome carb found in fruits.



Enjoy all these enzymes in one supplement

Say hello to [Pure Enzymes](#). It contains 18 enzymes in every capsule, including every enzyme above. Meaning, you'll enjoy support no matter what you're eating. Best of all, it is 3rd party certified gluten free, dairy free and soy free. Making it a true digestive hero we can count on! If you haven't tried it yet, you can [buy it here on Amazon](#) (currently USA only).

A Realistic Goal

The leaky gut diet is now super clear. Hooray!

You not only know exactly what to eat, but also how much to devour of each food group. And now it's up to you to make it happen.

But to be real with you, I know this 'clean eating' thing ain't easy! There's only so much fish & veggies a human can eat.

And hey, I slip up from time to time. (My delicious gluten overlord, Senor Glazed Donut, still grips my ravenous soul).

So the realistic challenge I lay down to you is:

Try to eat Levels 1-3 of the food pyramid 95% of the time. i.e. limit Level 4 foods, and foods not in the pyramid (eg pasta), to one meal a week max.

As long as you don't have a serious condition (eg celiac disease) or allergy (eg eggs), this realistic approach will have you feeling amazing in no time.

You got this!

Richard

Your Gut Buddy