



Whole Food. Whole Living. Whole You!

TOP 10 WHOLEY COW TIPS FOR GUT HEALTH:

1. Choose more whole foods (fruits, vegetables, whole grains, nuts, seeds and meat) to get the most nutrients for your body.
2. Shop the perimeter of the grocery store.
3. Read the packaging label on the product to review all ingredients. (Shoot for 5 ingredients or less.)
4. Choose food products that don't contain much sugar or those with it listed as one of the first ingredients.
5. Try cutting down on soda pop and other sugary drinks. Better yet—remove them from your diet.
6. Add more good-fats to your diet, including avocados, nuts, seeds, olives, dark chocolate, coconut oil, olive oil, grape seed oil and a variety of fish.
7. Make more home-cooked meals.
8. Take some time for self-care and exercise each day.
9. Start a food journal to track your food choices, patterns and emotions.
10. Fill your plate with brightly colored vegetables.