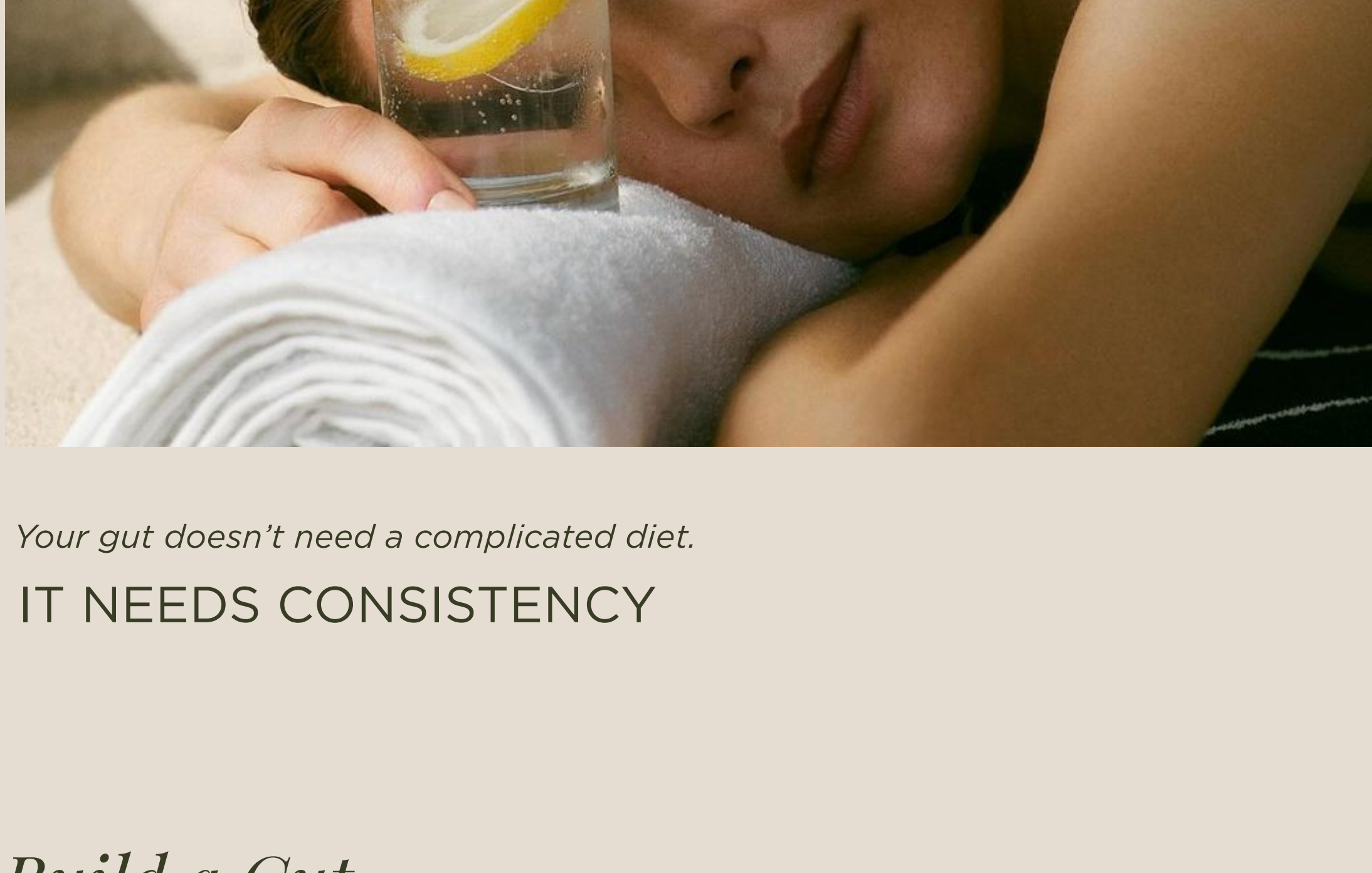


Guide to Gut Wellness ✨

Simple everyday habits
FOR A HAPPIER GUT



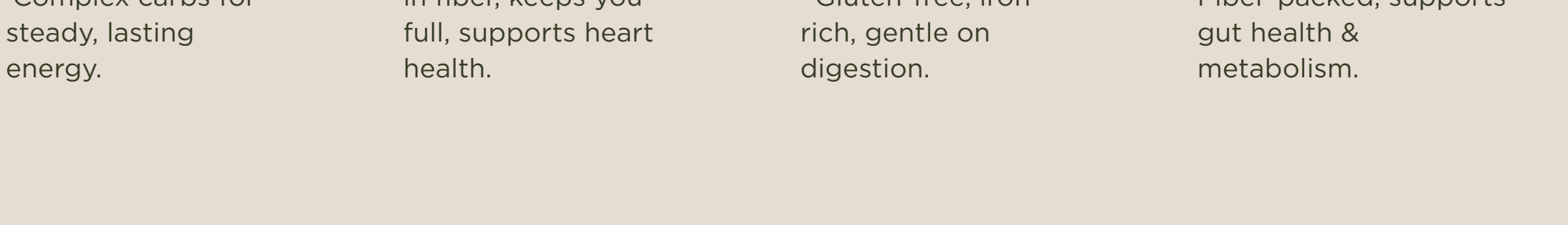
Your gut doesn't need a complicated diet.

IT NEEDS CONSISTENCY

Build a Gut-Friendly Plate ✨

Try to include these regularly:

01 Fibre-rich carbs



Brown rice

110 kcal/100g cooked
Complex carbs for steady, lasting energy.

Oats

150 kcal/100g · Rich in fiber, keeps you full, supports heart health.

Millets

120 kcal/100g cooked · Gluten-free, iron-rich, gentle on digestion.

Whole grains

140 kcal/100g cooked · Fiber-packed, supports gut health & metabolism.

02 Vegetables



Carrot

40 kcal/100g · Rich in beta-carotene, supports eye & skin health.



Cucumber

15 kcal/100g · Hydrating, low-cal, aids detox & digestion.



Greens

25 kcal/100g · Packed with vitamins & fiber, supports immunity & gut health.



Beetroot

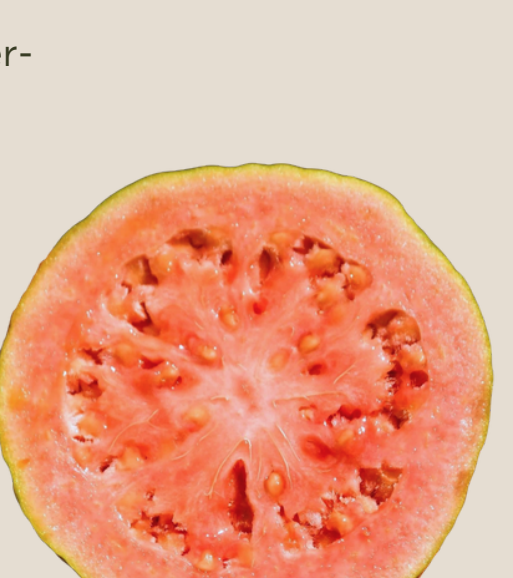
45 kcal/100g · Boosts blood flow, iron-rich, natural energy lift.

03 Fruits



Papaya

40 kcal/100g · Aids digestion, rich in enzymes & vitamin C.



Pomegranate

83 kcal/100g · Antioxidant-rich, supports heart & skin health.



Apple

52 kcal/100g · Fiber-rich, supports gut health & heart wellness.



Guava

68 kcal/100g · High in fiber & vitamin C, boosts immunity.

04 Probiotic foods

Curd

60 kcal/100g · Probiotic-rich, supports gut health & digestion.

Buttermilk

40 kcal/100g · Light, hydrating, aids digestion & cooling.



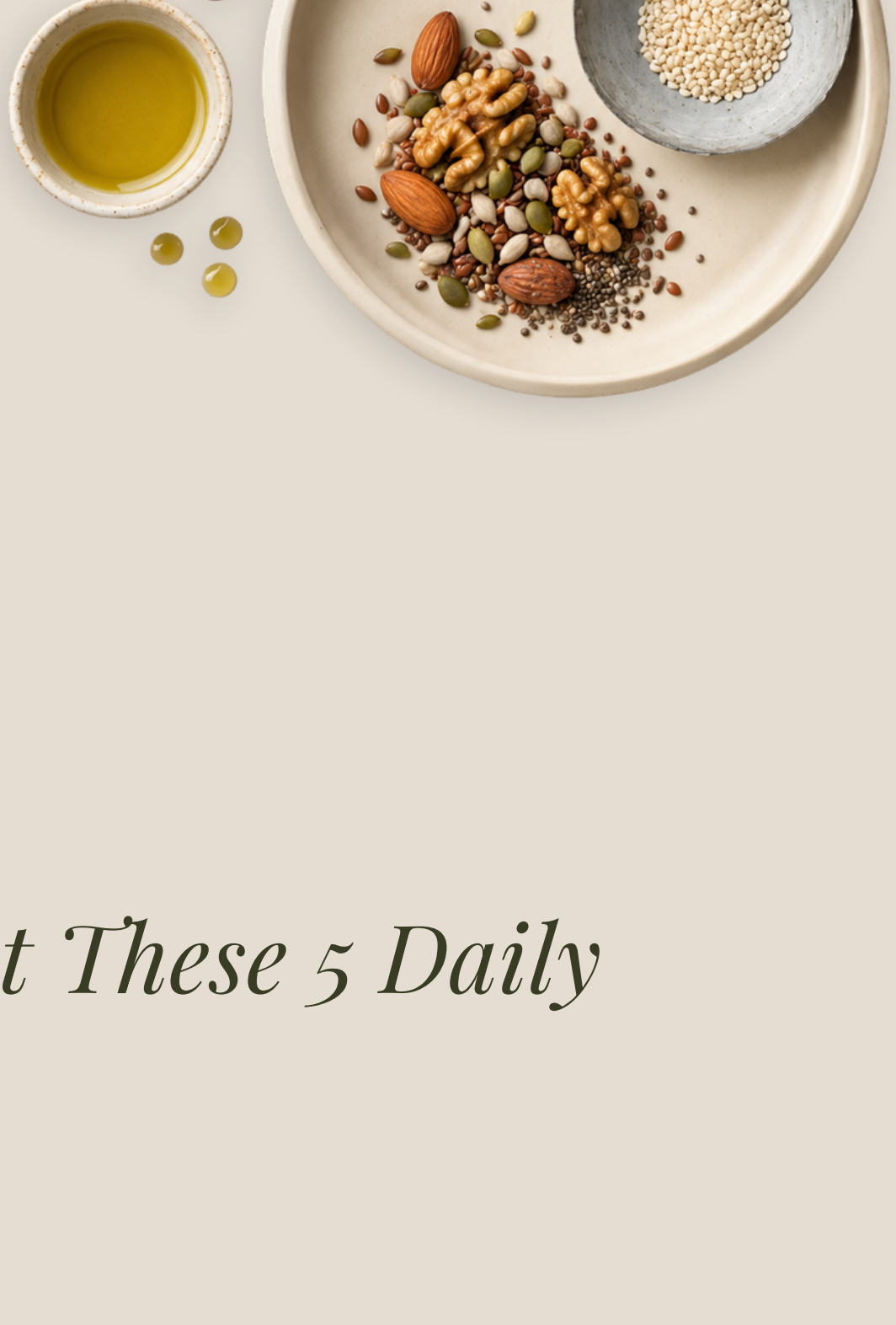
Other traditionally fermented foods

30-50 kcal/100g (avg) · Rich in probiotics, boosts gut & immune health.

05 Healthy fats

Nuts & Seeds

550-600 kcal/100g (small portions ideal) · Healthy fats & protein, supports heart & brain health.



Sesame

570 kcal/100g (use sparingly) · Rich in calcium & healthy fats, strengthens bones.

Cooking Oils (in moderation)

120 kcal/tbsp · Essential fats for hormone balance & nutrient absorption.

Don't Forget These 5 Daily Habits ✨



Easy Gut-Friendly Swaps

Instead of

Try ✨

- | | | |
|-----------------------------------|-------|--------------------------------|
| Refined cereals | ————— | Oats / whole grains |
| White bread frequently | ————— | Whole-wheat bread |
| Sugary drinks | ————— | Water / unsweetened buttermilk |
| Packaged snacks | ————— | Fruit + nuts |
| Very low-fibre meals | ————— | Add vegetables + whole grains |
| Skipping meals & overeating later | ————— | Regular balanced meals |

Go Easy on These ✨

You don't necessarily need to completely eliminate them but limit frequent/excessive intake of:

- ✦ Ultra-processed foods
- ✦ Excess added sugar
- ✦ Highly fried foods
- ✦ Excessive alcohol
- ✦ Sugar-sweetened beverages
- ✦ Very large meals
- ✦ Excessive use of unnecessary supplements

Your wellness is personal. Your guidance should be too.

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