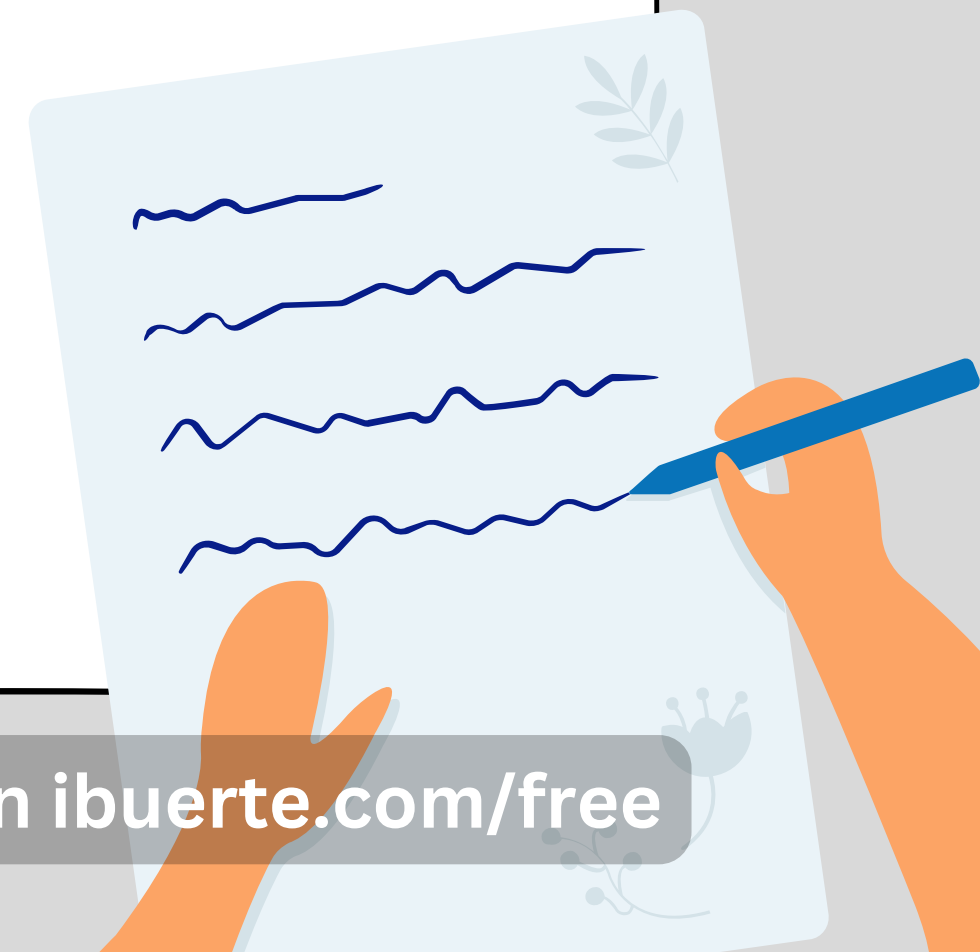
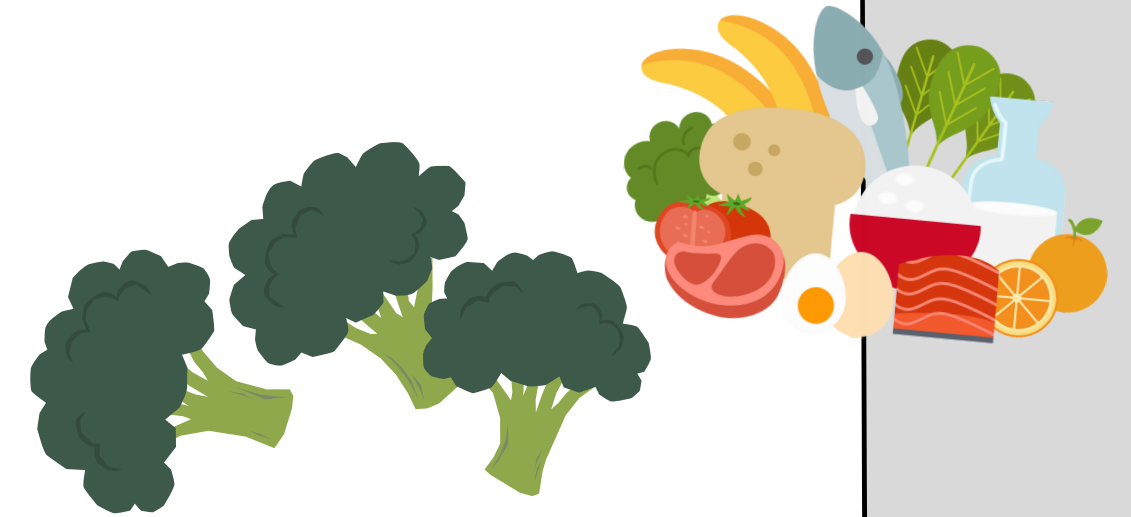


LIST:

FOODS THAT HEALTHY AND FOODS TO AVOID



Superfoods for Gut Health:

- **Meat stock / bone broth**
- **Fermented foods: kimchi, kombucha, sauerkraut, yogurts**
- **Fish oil**
- **Probiotics**
- **Iron-rich foods**
- **Vitamin C and Vitamin D**
- **Spices: garlic, turmeric, ginger**
- **Cucurbitaceae vegetables: chayote, pumpkin, zucchini, cucumber, melon, white radish**

Source:

heathline.com, medicalnewstoday.com, Cleveland Clinic



Foods That Cause Inflammation:

- **Sugar and refined carbohydrates**
- **Fried foods**
- **Sweet foods and drinks / flavored sweet drinks**
- **Processed meats: sausages, corned beef, nuggets**
- **Margarine and foods high in trans fats**
- **Alcohol**
- **Packaged foods and UPFs (Ultra-Processed Foods)**

Source:

Harvard Health ([health.harvard.edu](https://www.health.harvard.edu))



Food levels based on their complexity:

Level	Food Group	Examples	Source
Level 1: Simple Foods	Simple Carbohydrates	Natural sugars (honey, coconut sugar), ripe fruits (banana, melon)	Cleveland Clinic ↗
	Simple Proteins	Eggs (egg whites), white meat (chicken, fish)	Healthline ↗
	Simple Fats	Extra virgin olive oil, coconut oil	Healthline ↗
	Soft Vegetables	Cucumber, tomato, zucchini	Cleveland Clinic ↗
	Dairy Products	Milk (for those not intolerant), low-fat yogurt	Harvard T.H. Chan School of Public Health ↗

Food levels based on their complexity:

Level	Food Group	Examples	Source
Level 2: Moderate Foods	Moderate Complex Carbohydrates	Oatmeal, quinoa, brown rice, sweet potato, potato	Better Health Channel ↗
	Legume and Bean Proteins	Red beans, black beans, lentils, chickpeas	Cleveland Clinic ↗
	Healthy Fats (Not Too Complex)	Nuts (almond, walnut), seeds (chia, flaxseeds)	Healthline ↗
	Fiber-Rich Vegetables	Broccoli, spinach, kale, cabbage, carrot, long beans	Harvard T.H. Chan School of Public Health ↗
	Fruits with Higher Fiber	Apple (with skin), pear, raspberry, blackberry	Cleveland Clinic ↗

Food levels based on their complexity:

Level	Food Group	Examples	Source
Level 3: Complex Foods	High Complex Carbohydrates	Black rice, quinoa, corn, whole wheat bread	Better Health Channel ↗
	More Complex Animal and Plant Proteins	Lean red meat (beef, lamb), fatty fish (salmon, mackerel)	Healthline ↗
	Complex Fats	Avocado oil, fish oil, nuts, seeds	Harvard T.H. Chan School of Public Health ↗
	Vegetables with More Fiber and Carbohydrates	Artichoke, asparagus, broccoli, root vegetables (beet, radish)	Cleveland Clinic ↗
	Fermented Foods	Kimchi, tempeh, miso, sauerkraut	Harvard T.H. Chan School of Public Health ↗

Food levels based on their complexity:

Level	Food Group	Examples	Source
Level 4: Highly Complex Foods	Carbohydrates with High Fiber and Natural Sugar	Cassava, taro, sago, hard nuts (macadamia)	Better Health Channel ↗
	Mixed Proteins (Animal and Plant)	Combination of animal and plant protein (tempeh with chicken or fish)	Cleveland Clinic ↗
	Fats and Oils with Complex Chemical Components	High-quality fish oil, flaxseed oil	Healthline ↗
	Highly Processed Foods with Many Ingredients	Pizza, burgers, processed foods with many seasonings	Harvard T.H. Chan School of Public Health ↗
	Fermented Foods with Complex Chemical Components	Kombucha, kefir, yogurt with diverse probiotic cultures	Cleveland Clinic ↗