

Slide 1

EXERCISE FOR
MODULE TWO

Jump Start
Digestion



Slide 2

Exercise

1. Add a fermented food to your diet this week
2. Build a prebiotic/probiotic recipe or meal

Slide 3

Add A Fermented Food

- Look at the list of fermented foods and choose one you do not eat on regular basis
- If you do not do any – then go slow – if you have had one before and you know it works well for you – start there
- If you have to start with a tsp because your digestive system is very challenged – then that is fine
- Eat this food three times this week even if it is a tsp every other day

Slide 4

List of Fermented Foods

• Full Fat Yogurt	• Cultured Vegetables
• Kefir (Liberte)	• Tempeh
• Miso	• Apple Cider Vinegar
• Kimchi	• Raw Milk Aged Cheese
• Sauerkraut	
• True Sourdough	
• Red or White Wine	
• Unpasteurized Beer	



Slide 5

2. Build A Prebiotic/Probiotic Meal

- The goal of this task is to create a recipe or combine a meal with prebiotic and probiotic foods with herbs and spices for extra digestive benefit
- Look at the list of prebiotic foods and pick 4 ingredients you like
- Pick a fermented food to add to it
- If you do not cook well, then plan a meal based on prebiotic foods and pick a fermented food as a condiment
- Don't forget to chew!

Slide 6

Prebiotic Food Sources

- FOS and Inulin: Jerusalem artichokes, chicory, garlic, onions, dandelion greens, asparagus, bananas, blueberries, almonds, broccoli, cabbage, kale, cauliflower, radish, chia, flax, tomatoes
- GOS: Dairy products and legumes
- Resistant Starch: Wheat, rye, spelt, kamut, barley, oats, corn, brown rice (and cooled white rice), potatoes, sourdoughm quinoa, sweet potatoes


