

5 WORST FOODS FOR YOUR GUT (AND WHAT TO EAT INSTEAD)



Your gut health does more than digest food — it powers your **energy, mood, and immunity**. Here are the **five worst foods for your gut** and the **easy swaps** to help you bounce back.



1. ULTRA-PROCESSED FOODS

EXAMPLES: packaged snacks, frozen meals, instant noodles

❌ **WHY THEY'RE BAD:** Low in fiber, packed with additives, and engineered for the “bliss point” — the perfect mix of salt, sugar, and fat that lights up your brain’s reward center and keeps you hooked.

✅ **EASY SWAPS:** Cook with whole ingredients. Even a quick veggie stir-fry or soup beats a boxed dinner. Meal-prepping a few basics once or twice a week makes it easier to stay out of the processed-food trap.

DID YOU KNOW?

The CDC reports that people in the U.S. get **55% of their daily calories from ultra-processed foods**.



2. SUGAR

EXAMPLES: soda, candy, pastries, white bread, pasta, potatoes

❌ **WHY IT'S BAD:** Feeds harmful gut bacteria and yeast, leading to inflammation and dysbiosis (bad bugs outweighing good ones). **Your body treats starchy carbs just like sugar**, so bagels, pasta, and chips count too.

✅ **EASY SWAPS:** Choose fresh fruit like blackberries, raspberries, or green apples. They're lower in sugar but taste sweeter once you've detoxed from added sugar.



3. ARTIFICIAL SWEETENERS

EXAMPLES: aspartame, sucralose, saccharin (in diet sodas, sugar-free snacks)

❌ **WHY THEY'RE BAD:** May disrupt gut bacteria and even affect blood sugar — the opposite of what they're meant to do.

✅ **EASY SWAPS:** Use stevia or monk fruit in small amounts. More natural, and often better tolerated by the gut.

CONTINUED...



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4. ALCOHOL

EXAMPLES: wine, beer, cocktails

❌ **WHY IT'S BAD:** Damages the gut lining, contributes to leaky gut, lowers good bacteria.

✅ **EASY SWAPS:** Sparkling water with lemon, kombucha (low sugar), or calming herbal teas. If you drink, stick to the occasional glass of wine or a small pour of clear spirits.



5. PROCESSED & FAST-FOOD MEATS

EXAMPLES: bacon, hot dogs, fast-food burgers, deli meats

❌ **WHY THEY'RE BAD:** High in nitrates, preservatives, and unhealthy fats that drive gut inflammation.

✅ **EASY SWAPS:** Grass-fed or lean cuts of chicken, turkey, beef, or pork. Plant proteins like tofu and tempeh are also great — just skip the fake “plant-based meats,” which are highly processed.

THE TAKEAWAY

Cutting back on the “gut offenders” doesn’t mean going hungry. With a little planning and some **easy swaps**, you can fuel your gut with **real, whole foods** — and feel the difference in your energy, digestion, and overall health.



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