

FAT TO FIT
30
SEASON 2



THE GUT GUIDE:

Indian Edition

by  Fitelo

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Herbs that Improve Gut Health



- **Ajwain (Carom Seeds)** – Aids digestion, reduces bloating
- **Jeera (Cumin)** – Helps with acidity, promotes enzyme secretion
- **Saunf (Fennel Seeds)** – Soothes digestion, prevents gas
- **Ginger (Adrak)** – Anti-inflammatory, aids digestion
- **Turmeric (Haldi)** – Reduces gut inflammation, antibacterial properties
- **Tulsi (Holy Basil)** – Supports digestion, reduces stress
- **Coriander (Dhaniya)** – Detoxifies, helps with digestion
- **Ashwagandha** – Helps with gut-brain connection and stress management
- **Triphala (Amla, Haritaki, Bibhitaki)** – Promotes bowel movement and gut detox

Prebiotics (Foods that feed gut bacteria)



Whole grains: Jaun (Barley), Jowar (Sorghum), Bajra (Pearl Millet), Oats

Legumes & Pulses: Chickpeas, Lentils, Rajma, Moong Dal

Nuts & Seeds: Flaxseeds, Chia seeds, Sunflower seeds

Vegetables:

- **Leafy greens:** Palak (Spinach), Methi (Fenugreek), Sarson (Mustard Greens)
- **Cruciferous veggies:** Cabbage, Cauliflower, Broccoli
- **Root vegetables:** Sweet potato, Carrots, Beetroot
- **Other gut-friendly veggies:** Lauki (Bottle Gourd), Pumpkin, Zucchini

Fruits:

- Bananas (Prebiotic-rich)
- Papaya (Contains digestive enzyme Papain)
- Apples (Rich in fiber and pectin)
- Berries (High in antioxidants and fiber)
- Pomegranate (Boosts good gut bacteria)

Probiotics

(Foods containing live beneficial bacteria)



Fermented Foods:

- **Curd** (Dahi)
- **Buttermilk** (Chaas)
- **Lassi** (Without sugar)

Indian Pickles

(Naturally fermented, not store-bought)

- **Amla Pickle** – Boosts digestion, rich in vitamin C
- **Mango Pickle (Kacchi Kairi)** – Aids gut flora, must be oil-based
- **Lemon Pickle (Nimbu ka Achar)** – Fermented with salt, great for digestion
- **Carrot & Radish Pickle** – High in fiber and probiotics

Kanji (Fermented beetroot & carrot drink)

Idli, Dosa, Dhokla (Naturally fermented batter)

Kimchi (Fermented cabbage, rich in probiotics and digestive enzymes)

Gut-Friendly Salads



Adding salads to your diet can help improve digestion and gut health. Here are some Indian-style gut-friendly salads:

1. Kachumber Salad (Indian Chopped Salad)

- **Ingredients:** Cucumber, tomato, onion, green chili, lemon juice, black salt
- **Benefits:** High in fiber and enzymes, promotes digestion

2. Beetroot & Carrot Kanji Salad

- **Ingredients:** Beetroot, carrot, ginger, mustard seeds, fermented in water
- **Benefits:** Fermented for probiotics, improves gut bacteria

3. Sprouts Salad

- **Ingredients:** Moong sprouts, chopped cucumber, tomato, lemon juice, coriander
- **Benefits:** Rich in fiber, prebiotics, and digestive enzymes



4. Curd-based Vegetable Salad

- **Ingredients:** Curd, cucumber, beetroot, carrot, roasted jeera powder
- **Benefits:** Contains probiotics from curd, supports gut health

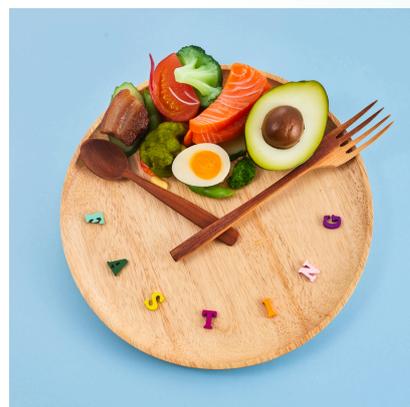
5. Spinach & Pomegranate Salad

- **Ingredients:** Spinach, pomegranate seeds, roasted flaxseeds, lemon dressing
- **Benefits:** High in antioxidants, helps gut lining

6. Cabbage & Kimchi Salad

- **Ingredients:** Cabbage, carrots, kimchi, apple cider vinegar, sesame seeds
- **Benefits:** Fermented foods for probiotic boost

Lifestyle Changes for Better Gut Health



1. Chew Food Properly

- Digestion starts in the mouth. Chewing food well helps enzymes break it down, making digestion easier and reducing bloating.
- Avoid eating in a hurry or while watching screens, as it leads to poor digestion.

2. Stay Hydrated

- Drinking 2-3 liters of water daily helps flush out toxins and supports digestion.
- Start your day with warm water with lemon or cumin water to kickstart digestion.

3. Eat at Regular Intervals

- Irregular eating disrupts gut bacteria balance. Have meals at the same time every day.
- Avoid long gaps between meals, as it can cause acid reflux and bloating.



4. Limit Processed Foods and Sugar

- Processed foods, refined flour, and artificial sweeteners disrupt gut bacteria.
- Opt for whole foods like homemade chapatis, dals, and fresh fruits instead of packaged snacks.

5. Reduce Stress

- Stress directly affects gut health, leading to issues like IBS and bloating.
- Try yoga, meditation, or deep breathing exercises (Pranayama).
- Ashwagandha and Brahmi tea can help reduce stress naturally.

6. Get Enough Sleep

- A disrupted sleep cycle affects digestion and gut bacteria.
- Aim for 7-8 hours of quality sleep.
- Avoid screen time at least 1 hour before bed, as blue light disrupts melatonin production.



7. Exercise Regularly

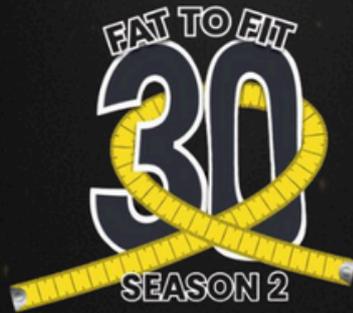
- Physical activity boosts gut motility and prevents constipation.
- Include at least 30 minutes of movement daily:
- Walking after meals aids digestion.
- Yoga poses like Pavanmuktasana (Wind-relieving pose) help with bloating.
- Strength training improves metabolism and digestion.

8. Avoid Overuse of Antibiotics & Painkillers

- Antibiotics kill both good and bad bacteria, leading to gut imbalance.
- Only take antibiotics when necessary and consult a doctor before use.
- Include probiotic-rich foods (curd, fermented foods) to restore gut bacteria after medication.

9. Practice Mindful Eating

- Avoid distractions while eating (TV, phone, laptop).
- Focus on the flavors, textures, and aromas of your food to improve digestion



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