

DJ Blatner, RDN

Eating for a Healthier Gut: 3-Day Gut Guide



What Is Healthy Digestion?

Healthy digestion is when the foods you eat are properly broken down so the nutrients can go into your bloodstream and fuel all of your body's cells. In order for this to happen, your whole digestive tract needs to be healthy and strong.

What are the Symptoms of Sub-Optimal Digestion?

If you have less than optimal digestion you may experience:

- gas and bloating
- irregular bowel movements
- sugar cravings
- occasional mood issues
- occasional trouble concentrating
- decreased sleep quality
- low energy
- fewer days feeling your best
- skin problems

What Can You Do for Better Digestion?

There are many lifestyle habits that can support your digestive health.

They are the 5 F's of Healthy Digestion:

1. Fiber
2. Fluid
3. Friendly Bacteria
4. Fully Chew
5. Fitness

Why try this? Will just 3 days actually do anything??

There are two main reasons to give this 3-Day Gut Guide a try...

1. It works quickly

Research suggests the gut microbiome (the bacteria in our digestive tract) can change in as little as 24-48 hours after you make changes to your nutrition. That's exciting.

2. It can become a lifestyle

After 3 days of focusing on gut-friendly strategies, you should feel better and be inspired to incorporate some or all of these habits into your regular routine.



Day 1: Fiber + Fluid (water)

Today is all about eating more fiber and drinking more water. Together they are a powerful duo to enhance the health and strength of your digestive tract.*

Day 1 Goal

Aim to get at least 30 grams of fiber + drink half your body weight (pounds) in ounces of water.

Day 1 Tips

Make sure each of your meals and snacks contain fiber-rich foods such as fruits, vegetables, whole grains, beans, nuts, and seeds.

Note: To figure out how much fiber you are eating, look on labels; if a food doesn't have a label, search the fiber grams online. A useful resource is called FoodData Central.

Of course, plain water is best, but you can also count unsweetened: coffee, tea, flavored water, and sparkling water toward your daily total.

Day 1 Check-In

I ate _____ grams of fiber today.

The goal is at least 30 grams of fiber daily.

I drank _____ ounces of water today.

The goal is to drink at least half your body weight (pounds) in ounces of water daily.

Day 1 Supplement Helpers

In addition to eating more fiber-rich foods, consider gut support supplements. "Prebiotic" fiber supplements can help feed good bacteria in your gut to be healthier and stronger.* Here are some examples:

[NOW® Organic Inulin Prebiotic Powder](#)

[NOW® Organic Acacia Powder](#)

[NOW® Organic Fiber-3™ \(inulin + acacia + flaxmeal\)](#)

Day 2: Friendly Bacteria

Keep up the fiber + fluid from Day 1. Plus today focus on eating foods with friendly bacteria (probiotics), which act like "good soldiers" to keep the digestive tract strong & healthy.*

Day 2 Goal

Eat 4 to 6 servings of fermented foods.

Day 2 Tips

What's a serving?

3/4 cup yogurt, 1 cup dairy or water-based kefir, 1/2 cup cultured cottage cheese, 1 cup kombucha, 1.5 ounces fermented vegetable brine drinks, 2 tablespoons sauerkraut, 2 tablespoons kimchi

Want extra credit?

Eat less added sugar. Too much added sugar can create an environment that can cause unhealthy bacteria and other microbes to grow and make it harder for good bacteria to thrive. Aim for no more than 30 grams added sugar each day. This does not include naturally occurring sugar in foods like fruit or unsweetened dairy or natural sweeteners like stevia or monk fruit.

Day 2 Check-In

I ate _____ servings of fermented foods today.

The goal is 4-6 servings of fermented foods daily.

Extra Credit: I ate _____ grams of added sugar today.

The goal is no more than 30 grams added sugar daily.

Day 2 Supplement Helpers

In addition to eating more fermented foods, consider a probiotic supplement to help build up the good bacteria in your digestive tract.* Here are some examples:

[NOW® Probiotic Defense™](#)

(probiotic with immune support focus*)

[NOW® Clinical GI Probiotic™](#)

(probiotic for 50+ years old*)

[NOW® Probiotic-10™ & Bifido Boost™](#)

(probiotic with a prebiotic)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Day 3: Fully Chew + Fitness

Keep up the fiber + fluid + friendly bacteria from Days 1 and 2. Plus today focus on fully chewing food to get digestion properly started and add in fitness to help strengthen the digestive tract and keep you regular.

Day 3 Goal

Chew each bite of food about 15 times and move your body about 30 minutes.

Day 3 Tips

Digestion begins in your mouth so fully chewing food properly starts the whole process. Aim for having each bite be “applesauce” texture before you swallow.

Fitness can help strengthen your digestive tract & keep you regular. Plus part of fitness is proper recovery including sleep (~8 hours each night), which is also linked to a healthier digestive tract.

Day 3 Check-In

I chewed each bite of food about _____ times today.
The goal is about 15 chews per bite, or until it's “applesauce” texture.

I got _____ minutes of fitness today.
The goal is about 30 minutes of fitness most days of the week (~150 minutes/week).

Day 3 Supplement Helpers

In addition to fully chewing food, consider digestive enzyme supplements to help break down foods into smaller, more absorbable parts for your body to use.* Our body makes enzymes for digestion, but enzyme production declines as we age and the enzymes may also become less efficient.

[NOW[®] Super Enzymes](#)
to aid breakdown of carbs, protein, and fat*

[NOW[®] Dairy Digest Complete](#)
to aid dairy digestion*

[NOW[®] Gluten Digest](#)
to aid grain digestion*

And for added fitness support, consider supplements such as:

[NOW[®] Sports Beet Root Powder](#)
Natural pre-workout energy

[NOW[®] Sports BCAA Big 6](#)
Recovery amino acids*

[NOW[®] Magnesium Glycinate](#)
Muscle & sleep mineral*

Day 4 and Beyond

If you like how you feel, keep up one or all of these habits to keep your GUT HAPPY!

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About DJ Blatner, RDN

DJ Blatner (@djblatner) is a Registered Dietitian Nutritionist and Certified Specialist in Sports Dietetics. She also holds a Certificate of Training in Integrative and Functional Nutrition through the Academy of Nutrition & Dietetics. She is the author of two books: *The Flexitarian Diet* (2009), ranked a top plant-based diet by US News & World Report, and *The Superfood Swap* (2016). She recently starred in (and won!) the hit primetime reality TV show on ABC called, *My Diet Is Better Than Yours*. DJ worked as the head dietitian for the Chicago Cubs for 10 years (yes, she does have a World Series ring), is a former national media spokesperson for the Academy of Nutrition & Dietetics, and hosted a reality-style TV show called *S.E.E. Chicago* for three seasons. DJ is on the advisory board of *SHAPE* magazine and is a celebrity diet consultant for *PEOPLE* magazine. She is the creator of the Nutrition *WOW* blog and she is a trusted expert appearing regularly in local and national media outlets such as *The Today Show* and *Good Morning America*. Finally, DJ has a healthy obsession with jumping rope.

