FRUITS

Even though we are eliminating fake sweeteners and avoiding sugar, I still want you to be able to enjoy a treat occasionally. Remember, we’re sticking to whole foods. Many of us are addicted to sugar, including myself. It’s in everything! We all know various negative health effects of eating sugar on a regular basis, BUT there are debates on whether fruit is beneficial to our health or not.

During my journey to recovering my own health and healing my gut, I have gone completely fruit-free and ALSO relied heavily on select few fruits at other times during my journey. If you have a gut that is inflamed, you will most likely be sensitive to certain sugars including the sugars present in fruit. Experiment and observe how you feel before and after eating fruit. Do you have bloating, gas, diarrhea? These can all be signs you may be sensitive to the fruit’s sugar.

Some studies show that the vitamins, minerals and flavonoids (compounds) in fruit may help with menstrual health and heavy periods. Intake of fruit is also said to improve reproductive health especially for women.

Seeing both sides, I have noticed overall I feel like having fruit especially for women, helps to regulate your mood and hormone levels. This has just been my experience. It’s all about what works for you. Keep in mind however, there are many fruits that will not aid in healing the gut or reduce inflammation in the gut for the same reasons that we are avoiding certain vegetables in the FODMAP group.

Remember that all fruits are sprayed with pesticides, insecticides and herbicides. If you cannot afford to buy most of your produce organic, put most of your money towards your favorite fruit items and good meat.

TIP:

1. If your budget allows, stick to organic produce.

2. Keep in mind that we all respond differently to foods with sensitivities and allergies being a factor and you’re struggling with gut issues, you may want to limit your fruits to lower-sugar fruits/berries like blueberries and raspberries.

3. Frozen fruit is a great cost effective option especially if you live somewhere fruit and berries are not readily accessible.

EAT ME! ✅

BLUEBERRIES

LEMON

LIME

HONEYDEW

RASPBERRIES

ORANGES - Higher in sugar. Be wary.

PINEAPPLE - Higher in sugar. Be wary.

CANTALOUPE - Small amounts.

SLIGHTLY UNRIPE BANANA - If they are too ripe the sugar and starches may bother your stomach if you’re having gut issues.

EAT WITH CAUTION‼️

STRAWBERRIES - Buy organic. Strawberries are the most toxin loaded fruit because they act as a sprung for farming chemicals.

APRICOTS - FODMAP

RIPE BANANAS - FODMAP

BLACKBERRIES - FODMAP

MANGOS - FODMAP

GRAPEFRUIT - FODMAP

PEACHES - FODMAP

PEARS - FODMAP

PLUMS - FODMAP

CHERRIES - FODMAP

DO NOT EAT FOR NOW 🚫

APPLES - High FODMAP

WATERMELON - FODMAP

COCONUT - The meat of the coconut can cause major irritation on the gut.

ANY DRIED FRUITS - HIGHER CONCENTRATION OF SUGAR