ANTI-NUTRIENT PLANTS

Antinutrients are natural or synthetic compounds found in a variety of foods especially grains, beans, legumes and nuts that interfere with the absorption of vitamins, minerals and other nutrients.

NIGHTSHADES

Nightshade vegetables belong to the family of plants with the Latin name Solanaceae.

Potatoes, tomatoes, peppers, and eggplants are all common nightshades. Many are rich sources of nutrients and serve as staple foods for various cultures.

However, some believe that certain groups of people may be better off eliminating nightshades. They claim that harmful substances found in these vegetables may contribute to inflammatory bowel disease and other autoimmune conditions.

FODMAPs

FODMAP stands for fermentable oligo-, di-, monosaccharides and polyols

These short-chain carbs are resistant to digestion. Instead of being absorbed into your bloodstream, they reach the far end of your intestine, where most of your gut bacteria reside.

Your gut bacteria then use these carbs for fuel, producing hydrogen gas and causing digestive symptoms in sensitive individuals. FODMAPs also draw liquid into your intestine, which may cause diarrhea.

Although not everyone has a sensitivity to FODMAPs, it is very common among people with irritable bowel syndrome (IBS), IBD, Crohn’s, Ulcerative Colitis and many auto immune disorders where high inflammation is present.

Fun Fact! Most non-nutritive, (fake) sweeteners are in the FODMAP category, which is why a lot of people have GI problems when ingesting them.

🧠LEARN FOR YOURSELF!🧠

Anti-nutrient foods. ⤵️

https://draxe.com/nutrition/antinutrients/

Autoimmune/gut health.⤵️

https://youtu.be/mjQZCCiV6iA

FODMAP breakdown.⤵️

https://www.healthline.com/nutrition/fodmaps-101

TIP:

1. To be more cost affective when shopping for produce, you can opt for buy frozen produce. It’s a lot cheaper. Most produce when frozen is flash frozen preserving most of the nutrients.

2. Keep in mind, If you’re in the process of healing your gut, try and cook down most of your vegetables pretty well for easier digestion. Especially produce with FODMAPs.

3. Buy organic as much as you can. While some people think Organic doesn't mean much, organic farmers are not allowed to use the same kinds or as much of the toxic chemicals on their crops. So it does make a difference it's just not completly "clean".

If you had a choice to reduce the amount of poison that's on your food, would you choose less?

4. Do not worry about getting in lots of vegetables. Most of our vitamins and minerals are higher quality and metabolically available in meat and fats anyway. Just eat what you like and don’t worry about quantity.

EAT ME! ✅

SPINACH

BOK CHOY

CELERY

CUCUMBER

AVOCADO

LETTUCE - Romain, Butter Lettuce, Iceberg

BROCCOLI - Higher in fibre. Be careful.

CARROTS - Higher in fibre. Be careful.

RADISHES - Spicy radishes may be irritating for some.

GREEN ONIONS - Green part. White can be inflammatory similar to onions.

ZUCCHINI - (Small amounts) FODMAP

SQUASH - (Small amounts) FODMAP

PUMPKIN - (Small amounts) FODMAP

CABBAGE - (Small amounts) FODMAP

SPROUTS

WATER CHESTNUTS

SEAWEED

OLIVES

AVOID FOR NOW ‼️

NIGHTSHADE VEGETABLES

TOMATOES - Tomatillos, Ketchup

PEPPERS - Bell peppers, Cayenne, Chili pepper, Paprika, Jalapeño

SWEET POTATOES - Sweet potatoes - Sweet potato has a sugar called “Mannitol” it is in the sugar alcohol family and can cause gas, bloating and gut irritation.

POTATOES

EGGPLANT

OKRA

POSSIBLE INFLAMMATORY VEGETABLES ‼️

Kale - High in fibre. Can be irritating on the gut, (especially raw).

Onions - HIGH FODMAP

Cauliflower - FODMAP

Cassava - FODMAP

Cabbage - Just be wary. FODMAP

Artichoke - FODMAP

Asparagus - FODMAP

Mushrooms - FODMAP

Peas - FODMAP

DO NOT EAT🚫

Corn - Very inflammatory. Mostly because it’s not digested in the gut and has no nutritional value. Also alongside wheat, lt’s one of the most genetically modified plants out there. When in the stomach the corn sucks the ZINC right out of your body in very significant levels.

Beans - All beans. While black beans are the most tolerable among the beans, we’re eliminating them all together especially for those of you who have inflammation in the body. FODMAPs