



x Parsley Health

10 Food Swaps for a Healthier Gut



The lining of your gut plays a critical role by making sure that your body gets key nutrients from the food you eat. However, when we eat more processed foods than whole foods, this lining can become damaged and trigger an inflammatory response in your body. This may lead to digestive issues, fatigue, achy joints, rashes, and more. A diverse diet that's rich in fiber, healthy fats, and fermented foods can go a long way in supporting your gut health and powering your whole body.

Pass or plate?

Make these simple swaps for delicious meals that support your gut health.

INSTEAD OF THIS

TRY THIS

White bread



Whole-grain or sourdough bread (rich in fiber and easier to digest).

Cow, goat, or sheep's milk



Unsweetened almond, coconut, or oat milk (better tolerated by sensitive stomachs).

Flavored yogurt



Plain Greek yogurt or coconut yogurt with live probiotics.

White rice



Quinoa, brown rice, or cauliflower rice (higher in fiber and nutrients).

Sugary snacks and desserts



Dark chocolate (70%+ cocoa) or fruits like berries (low sugar, antioxidant-rich).

Soda or sugary drinks



Kombucha or sparkling water with a splash of lime.

Pasta



Chickpea, lentil, or zucchini noodles (higher fiber and gut-friendly).

Vegetable oils



Extra virgin olive oil or avocado oil (anti-inflammatory).

Processed cereals



Steel-cut oats or muesli with seeds and fresh fruit.

Potato chips



Roasted seaweed snacks or baked veggie chips (low sugar, gut-friendly fibers).



Ready to start feeling better? Get to the root cause of your symptoms.

Valley Schools has partnered with Parsley Health to provide root-cause medicine care to eligible employees and dependents 18+ on the UnitedHealthcare medical plan with Valley Schools, who are managing a chronic condition. Parsley Health's personalized program proactively addresses top risk factors and health conditions, including autoimmune, GI & digestive, reproductive & hormone, cardiometabolic, diabetes & pre-diabetes.

Visit parsleyhealth.com/valleyschools and complete the intake form to see if you are eligible.