

Leaky Gut Diet

Recommended

Vegetables and fruits



Meat, poultry and eggs



Fish and seafoods



Prebiotic plants



Beans and legumes



Gluten-free grains



Nuts and Seeds



Herbs and spices



Healthy fats



Fermented or cultured foods



Beverages



Not Recommended



Processed foods with refined carbs



Gluten



Processed meats



Non-fermented dairy



Alcohol



High-fructose corn syrup



Fried foods



Zero-calorie sweeteners

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