



Gut-Friendly, Mood-Supporting Diet Guide (Omnivore)

Supports digestion, mood, and nervous system health. Suitable for people who eat both plant and animal foods.

Daily Food Foundations

- 1 Protein at each meal: eggs, chicken, turkey, fish, lean red meat (moderation), yogurt or kefir
- 2 Gut-friendly vegetables: carrots, zucchini, spinach, cucumber, aubergine
- 3 Healthy fats: olive oil, avocado, nuts, seeds, oily fish
- 4 Complex carbohydrates: oats, rice, quinoa, potatoes or sweet potatoes
- 5 Fermented foods (small servings): live yogurt, kefir, sauerkraut

Weekly Focus

- 1 Omega-3 rich fish 2–3 times per week (salmon, sardines, mackerel)
- 2 Regular meal timing to support digestion and blood sugar stability
- 3 Wide variety of whole foods across the week

Foods to Limit (Especially if Digestive Symptoms Are Present)

- 1 Ultra-processed foods
- 2 Excess sugar and refined carbohydrates
- 3 Excess alcohol
- 4 Very large portion sizes

This handout is educational and does not replace personalised medical or nutrition advice. Ask your Back In Form chiropractor for individual guidance.