

KIDS HEALTH REVOLUTION

GREEN LIGHT RED LIGHT

FOODS TO EAT - FOODS TO AVOID CHEAT SHEET

Green Light Foods

Meat Stocks

gut healing amino acids

Download 20 Fab Freezer meals for recipes

Meat – Eggs- Fish

Clean-grass fed sources where possible

Fresh Veggies

Organic where possible

Fresh Fruit

Organic where possible

Dirty dozen clean 15 list is great resource

Fermented Foods

Healthy Natural Fats

Ghee, duck fat, avocado oil, coconut oil, olive oil.

Raw Nuts & Seeds

Unprocessed Sweeteners

Raw honey

Dates



Red Light Foods

Vegetable & Seed Oils

Highly processed and inflammatory

Processed Foods

Very little nutritional value & contribute to microbiome imbalance

Processed Sugars

Contribute to microbiome imbalance

GMO foods

Possibly alter the microbiome

Gluten

Widely considered a trigger for many chronic health conditions



Yellow Light Foods

These are proceed with caution foods. Some kids are able to eat these foods without issue when the diet is whole foods based. Other kids, especially those with chronic health conditions will do better if we eliminate these foods until the body has been able to establish balance. If you have not seen results from following a gluten free, whole foods diet you may want to consider these as possible culprits and remove them from the diet.

Dairy

The protein can be inflammatory when not able to digest

Grains

Contain enzymes that make them hard to digest, especially with a compromised microbiome and intestinal cell function, leading to further imbalance in gut bugs

Legumes

Contain enzymes that make them hard to digest, especially with a compromised microbiome and intestinal cell function, leading to further imbalance in gut bugs.