

Gut Friendly Foods

to heal your gut from the inside out

www.sprigandvine.in



YOGURT

Yogurt is swimming with probiotics, and can ease digestion. Make it at home for double the benefits!



APPLE CIDER VINEGAR

pH balancing and gut-healing, opt for raw, unpasteurized ACV for all the enzymes.



KIMCHI

This fermented cabbage spicy Korean condiment is an excellent topping or side for salads and rice bowls.



GINGER

Use ginger root in your cooking, grate it in salad dressings, or steep it into tea to harness its stomach soothing properties.



SAUERKRAUT

A simple brine pickled cabbage condiment, sauerkraut is great on salad bowls or as a side.



SOUTH INDIAN CUISINE

Idlis, dosas, and uttapams made from a fermented rice-lentil batter makes for delicious gut-healthy meals.



KOMBUCHA

This fermented fizzy tea beverage is swimming with live bacteria, and is delicious to taste.



KEFIR

Kefir is a yogurt-like beverage that is dairy-free due to the fermentation process. Excellent for those who are lactose intolerant!



MISO

A fermented soybean paste used in Japanese cuisine, miso adds incredible depth of flavour to any dish, along with gut benefits.



PICKLES

Simple brine pickled vegetables are easy to add to any meal as a side, and bring with it numerous gut-friendly benefits.

#GOODFOODPRACTICES