



10 foods for everyone



Pure Vida

Digestibility

In one word, I can tell you the name of the eating game that so many athletes should start playing.

Digestibility is a huge issue in America and across the world. IBS, Crohn's disease, diverticulitis, leaky gut, food intolerances, all of these issues deal with digestion.

Digestibility

Check out these 10 foods that are digestible plus include enzymes and compounds that aid in the digestion of other foods too.

1. Oils

Pure, raw oils are the way to go.

Coconut Oil

Olive Oil

Sesame Oil

Flaxseed Oil

*Stay away from highly processed oils like, palm, canola, corn, and peanut oil. These oils are known to weigh you down, clog arteries, cause heart disease, affect DNA sequences, and increase cancer growth.

2. Eggs

- Organic, pasteurized eggs with yolk

- Eggs are highly versatile and high in nutrients:

- Fat-Soluble Vitamins (joint and artery health)

- Choline (brain health)

- Folate (red and white blood cell health & energy converter)
lecithin (eye health)

- Omega-3 Fatty Acids
(depression, anxiety, brain health, chronic pain, overall health)

- *Don't skip the yolks!

3. Wild Caught Fish

-Wild-caught fish is one of the most nutrient-dense proteins out there.

-Rich in omega-3 fatty acids, Vitamin D (the happy vitamin), and countless benefits.

-Salmon, Tuna, King Mackerel, Herring

-Stay clear from farm-raised fish which are fed antibiotics and treated with pesticides to fight off diseases.

-Once we eat these types of fish, our bodies soak up these antibodies and pesticides, and create toxins and inflammation within our cells, tissues, and organs.

4. Cherries

An antioxidant-filled fruit, cherries aid in preventing muscle pain after running. It reduces inflammation, which is what causes such striking pain. Many athletes consume cherry juice as another way to lower exercise-based muscle damage, which can help reduce soreness.

5. Sweet Potatoes

Sweet potatoes are rich in vitamins A and C, both antioxidants that remove [free radicals](#) from your body.

They lower blood pressure, which is important for athletes to their heart health when participating in sports.

They're high in vitamin and mineral content and contain the levels of potassium, iron, manganese and copper athletes need for healthy muscles.

6. Hydrating Foods

Radishes, watermelon, bell peppers, spinach, celery, dates and oranges are just a handful of the refreshing foods you can eat to replenish your lost fluids. If you're tired of downing water bottles (not that you shouldn't), opt for one of these snacks to feel refreshed after exercising.

7. Legumes & Beans

Always, always, always soak your legumes, and stay away from canned beans.

Eating these raw will cause many issues like bloating, heartburn, diarrhea, upset stomach, and the like.

With that being said, don't let that stir you away from adding these to your diet!

They are plant-based, high in protein, cooling, with many minerals and vitamins that benefit cell health throughout the body.

Black beans, chickpeas, lentils, split peas, tempeh, tofu

*Note: Adding cumin to legumes impressively helps with digestion.

8. Fermented Foods

- Fermentation increases digestibility and nutrient bioavailability of many irritating foods including dairy and soy.
- Include these foods to expose your digestive system and gut flora to good bacteria.
- Dark chocolate (70% and above), sauerkraut, kefit, pickles, kombucha, kimchi

9. Nuts & Seeds

Disclaimer: If you have bad digestion, limit nuts and seeds. Many nuts and seeds are extremely oily and can cause acne.

*By soaking raw nuts in water overnight and taking off the skin, nuts can be a huge benefit to a diet.

High in antioxidants and omega-3 and omega-6 fatty acids which reduce cell-damaging inflammation for total body health.

Almonds, walnuts, cashews, pecans, Brazilian nuts, hazelnuts

Seeds are lighter and favorable to digestion, however again, if you do have very severe problems with digestion, you should limit seeds and nuts until your issues clear.

Chia, Flax, Pumpkin, Sunflower, and Sesame Seeds

10. Soaked and Cooked Quinoa

Notice I put “soaked” in the title because it is that important.

Many grains available have the potential to disrupt your gut, and are potentially inflammatory to all the other organs in your body due to the effects of gluten.

For example, quinoa is coated with saponins which are a digestive irritant that makes it far more likely to resist digestion. However, there is hope! By soaking quinoa overnight in water and salt, this process rinses off the saponins and what is left is all the benefits that come with this nutrient-dense grain.

Thank You!

For all your health needs go to:

PUREVIDAONLINE.COM

Follow me on:

IG [@purevidaonline](https://www.instagram.com/purevidaonline)

Facebook: [Pure Vida Online](https://www.facebook.com/PureVidaOnline)