



FAQ'S

Digestive Issues

When adopting to a meal plan with more fiber, natural probiotics, and less processed foods, many people notice that many of their digestive symptoms improve. Whether you are dealing with chronic constipation, bloating, GI inflammation, or heartburn; a healthy diet such as Seattle Sutton's Healthy Eating can be a great option to improve your tummy woes.



CONSTIPATION: Our meal plans include high-fiber foods such as whole grains, vegetables, fruit, beans, and peas which improve regularity. We encourage you to drink plenty of fluids. The combination of fiber and fluids (and exercise!) has been proven to help improve a sluggish digestive tract.

BLOAT: Excess sodium in the diet can lead to a buildup of fluids in the body which often is cause the of bloating. Our plans are low sodium, averaging between 1500-2300 mg of sodium per day which often helps decrease belly bloating.

GI INFLAMMATION: Inflammatory bowel conditions, such as colitis and Crohn's disease, can be difficult to manage. While every individual has different triggers and ways to manage their condition, it is often recommended to include omega-3 fatty acids, fiber, probiotics, and increased levels of antioxidants from fresh foods. Our meal plans avoid known inflammatory foods and includes a wide variety of foods which can help reduce overall GI inflammation.

HEARTBURN: Avoiding large meals is key when dealing with heartburn and our meals are centered around proper portion control. Common heartburn triggers are greasy foods, high-fat foods, and highly seasoned foods which you will not find on our menus. Losing weight also helps improve heartburn.

TIPS FOR ADJUSTING TO A HIGH FIBER DIET

Adjusting to a higher fiber diet sometimes leads to temporary intestinal gas and bloating. While getting started with Seattle Sutton's Healthy Eating, it is important to be aware that your body will adjust to being on a higher fiber diet with time.

- Drink plenty of water throughout the day
- Chew your food well and slow down your eating pace If needed
- Split higher-fiber meals into smaller portions by having more smaller, more frequent meals