

Supporting Your Small Intestines

The small intestine is the longest section of the digestive tract. This is where the food mixes with digestive juices and nutrients are absorbed into the bloodstream. While bacteria naturally occurs throughout a healthy digestive tract; the small intestine has relatively low levels of bacteria.

If you develop too much bacteria in your small intestines, [malabsorption of nutrients](https://draxe.com/malabsorption-syndrome/), particularly fat-soluble vitamins and [iron](https://draxe.com/iron-deficiency/) can quickly become a problem. This can produce discomfort such as occasional gas, bloating and may even lead to damage of the stomach lining.

Restoring the right balance of bacteria in your small intestines takes patience, perseverance and a change in diet. It includes a [healing diet](https://draxe.com/healing-diet/) and some foods should be avoided until the gut flora is back in balance.

High FODMAPs Food (to avoid)

VEGETABLES-

* Artichokes
* Asparagus
* Cauliflower
* Garlic
* Peas
* Leeks
* Mushrooms
* Onions
* Sugar snap peas

FRUITS-

* Apples
* Cherries
* Dried fruit
* Mango
* Nectarines
* Peaches
* Pears
* Plums
* Watermelon
* Fruit juices

DAIRY-

* Cow’s milk
* Custard
* Evaporated milk
* Ice cream
* Soy milk
* Sweetened condensed milk
* Yogurt

PROTEINS-

* Legumes
* Processed meats

BREADS-

* Wheat
* Rye
* Barley

SWEETENERS-

* High fructose corn syrup
* Honey
* Sweeteners-sorbitol, lactitol, maltitol, xylitol and erythritol

NUTS-

* Cashews
* Pistachios

Low FODMAPs Food (to enjoy)

VEGETABLES-

* Alfalfa/bean sprouts
* Bamboo shoots
* Bok choy
* Carrot
* Chives
* Cucumbers
* Fresh herbs
* Leafy greens
* Tomato
* Eggplant
* Green beans
* Zucchini
* Sweet potatoes

FRUITS-

* Bananas
* Berries
* Melons
* Grapes
* Kiwi
* Lemon
* Lime
* Mandarin
* Orange
* Passion fruit
* Pineapple
* Rhubarb
* Tangerine

MILK-

* Almond, coconut or rice milk
* Raw hard cheese

PROTEINS-

* Eggs
* Grass fed beef/lamb
* Free range chicken/turkey
* Wild caught fish
* GF bread, oats, pasta
* Non-GMO rice, corn
* Quinoa
* Sourdough spelt

SEASONINGS-

* Avocado, coconut, grapeseed oils
* Grass fed butter
* Maple syrup
* Mayonnaise
* Mustard
* Olives
* Vinegar
* Dark chocolate

NUTS-

* Macadamia
* Organic peanuts
* Pecans
* Pine nuts
* Walnuts
* Pumpkin seeds