QUICK REFERENCE

What Sits Well

The Good / Maybe / No system

☐ Good

Sits well. Eat it as normal.

☐ Maybe

Sits well sometimes. Try a small amount, or a gentler cooking method.

☐ No

Doesn't sit well. Leave it out for now.

BEFORE YOU WRITE A FOOD OFF

Try it cooked a different way first. Peeled, steamed, roasted or blended can feel very different from raw.

BEFORE YOU TRY A NEW FOOD

- One new food at a time.
- Start with a small amount.
- Note how it sat, then tick Good, Maybe or No.

STARTING POINTS

Ideas to try first

A few places to begin, taken from the book. Tick your own result for each.

Protein	Chicken, cod, eggs, silken tofu
Carbs	Basmati rice, rice noodles, millet
Veg	Carrot, courgette, butternut squash
Fruit	Ripe banana, cooked apple

Everyone's gut is different. This is a starting point, not a rule. Your own ticks are what count.

WANT THE FULL A TO Z?

Search **What Sits Well** by **Benjamin Heath-Jung** on Amazon for the journal and the Recipe Companion.

A kitchen and organisation tool, not medical advice. Foods affect everyone differently. Always follow the guidance of your own care team.