

SMART SENIOR DAILY

Guides Collection

Smart Senior Daily Gut Health Toolkit

1. 'Is It the Food?' — 7-Day Gut Check Journal

Use this journal to track what you eat and how you feel for one week. This helps spot patterns between meals and symptoms.

For each day, log:

- What you ate (meals/snacks)
- Time eaten
- Symptoms (bloating, fatigue, etc.)
- Energy and mood
- Bathroom changes

This is not a diagnosis tool, but it can be valuable when discussing symptoms with your doctor or nutritionist.

2. Elimination Diet Journal: Track Your Food, Symptoms, and Progress

Use this journal if you're removing and reintroducing foods to identify intolerances. Record meals and physical responses.

Track each meal/snack with the following:

- Time eaten
- Foods included
- Immediate reactions (0–2 hours): bloating, reflux, headache, etc.
- Delayed reactions (2–24 hours): fatigue, joint pain, skin issues, etc.

Use this log for at least 7–14 days while following an elimination or reintroduction protocol.

Here's a sample log you could use:

Track when symptoms appear and note any triggers (e.g. alcohol, certain foods, etc.). Place a checkmark where a symptom takes place

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Urgency to go							
Watery stool							
Stomach cramps							
Bowel movement after alcohol							
Bowel movement after coffee							
Bowel movement after meal							

Woke up at night to go							
Took any new meds or supplements?							
Stress level (1-5)							
Notes (meals, triggers, changes)							
Urgency to go							

Notes:

3. Is Your Gut Trying to Warn You? Checklist

If you've experienced two or more of the symptoms below consistently, it may be time to take a closer look at your gut health:

- ☐ Frequent bloating or gas
- ☐ Diarrhea or constipation
- ☐ Brain fog or trouble concentrating
- ☐ Food cravings (especially sugar or carbs)
- ☐ Joint pain or chronic inflammation
- ☐ Skin issues (eczema, rashes, acne)
- ☐ Mood swings or anxiety
- ☐ Fatigue after meals
- ☐ Reflux or heartburn
- ☐ Unexplained weight gain or weight loss

4. Top 12 Ultra-Processed Ingredients to Watch Out For

Avoiding or reducing exposure to these ingredients can be a game-changer for gut and overall health:

1. High Fructose Corn Syrup – major driver of fatty liver and insulin resistance.
2. Soy Lecithin – often genetically modified and overused in packaged foods.
3. Carrageenan – used as a thickener but can trigger gut inflammation.
4. Monosodium Glutamate (MSG) – flavor enhancer that can affect digestion and brain chemistry.
5. Artificial Sweeteners (Sucralose, Aspartame) – disrupt gut microbiome.
6. Artificial Colors (Red 40, Yellow 5, etc.) – linked to behavioral and inflammatory responses.
7. BHA and BHT – preservatives linked to hormone disruption.
8. Sodium Nitrate and Nitrite – found in processed meats, can form carcinogenic compounds.
9. Partially Hydrogenated Oils – trans fats harmful to heart and gut health.
10. Maltodextrin – ultra-processed additive that spikes blood sugar.
11. Propylene Glycol – solvent and thickener used in ultra-processed food and cosmetics.
12. Modified Corn Starch – cheap filler that may worsen leaky gut.

5. How to Choose a Food Sensitivity Test That Works

Not all food tests are created equal. Here's what to look for:

- Understand the difference: IgE (tests allergies), IgG and MRT (test delayed sensitivities).
- Avoid tests that only screen a small list of foods.
- Use tests interpreted by a trained provider — not just a generic printout.
- Choose labs that test for delayed-onset reactions (can take hours or days).
- Look for tests that complement a food reintroduction or elimination plan.
- Make sure the test is part of a bigger plan — testing without a roadmap leads to confusion.
- Ask if your test results come with support from a dietitian or nutritionist who can help you use the information wisely.

Disclaimer: This toolkit is for informational and educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of your physician or other qualified health provider with any questions you may have regarding a medical condition or health concern. Never disregard professional advice or delay in seeking it because of something you have read in this guide or on Smart Senior Daily.

Food sensitivity testing and elimination diets should be done in partnership with a licensed healthcare provider, especially if you have underlying health conditions or are taking medications.