



# Rewire Your Cravings from the Gut Up

A GENTLE GUIDE TO SUPPORTING YOUR  
MICROBIOME AND REDUCING SUGAR URGES



# Why You Crave Sugar And What Your Gut Has to Do With It

If you've ever felt like sugar has a hold on you, you're not alone. That mid-afternoon crash, the late-night sweet tooth, the cycle of craving, indulging, and crashing again, it's a pattern many of us know far too well. And for most people, the instinct is to blame themselves. Lack of willpower. Lack of discipline. But what if your cravings weren't a flaw in your character, but a signal from your biology?

The truth is, your gut has a voice, and it speaks through cravings, hunger cues, mood shifts, and even energy crashes. The trillions of microbes living in your digestive system don't just help break down food. They play a direct role in your brain chemistry, your immune function, your hormones, and yes... even your appetite.

Some of those microbes thrive on fibre-rich foods that nourish and protect your body. Others feed on sugar and ultra-processed carbohydrates, and when they dominate, they can actually influence your cravings to keep their own food source coming.

This is where the cycle begins: sugar feeds the "unfriendly" microbes, which can throw your blood sugar out of balance, spike inflammation, and disrupt the gut-brain connection. The result? You're left feeling tired, moody, and reaching for another hit of something sweet just to feel normal again.

But there's good news.

The balance of microbes in your gut can change, often in just a few days. By feeding the bacteria that support your health, you can gradually reduce those intense sugar cravings and regain a sense of control over your eating. This isn't about restriction or dieting. It's about nourishment, education, and working with your body instead of against it.

In this guide, you'll learn:

- What prebiotics and probiotics are, and why they matter
- Which foods help shift your microbiome in the right direction
- How fibre supports hormone balance and blood sugar stability
- Tips for choosing real food that leaves you satisfied, not deprived
- Simple swaps and daily habits that make a big difference

You don't have to fight your body anymore. You just have to understand it.



## Feeding Your Microbes

The type of food you eat can dramatically change the bacterial composition in your gut, for better or worse. The microbes in your gut thrive on a diverse diet rich in high-fibre plant foods, omega-3 fatty acids, and prebiotic fibres.

On the flip side, poor dietary habits can negatively impact your gut microbiota. Diets high in added sugar, unhealthy fats, artificial sweeteners, and ultra-processed foods are linked to reduced microbial diversity, gut inflammation, and an increased risk of obesity, insulin resistance, and heart disease.

Nutrition plans centred on whole foods, such as vegetables, fruits, whole grains, legumes, and healthy fats, have been shown to boost microbial diversity. This diversity is associated with better metabolic health, improved immunity, and lower levels of chronic inflammation.

This isn't about following a fad diet.

When you start choosing foods that nourish your gut microbes, those less helpful cravings and habits often fade away naturally. You won't feel deprived, you'll feel supported. And the best part? Your microbiome can begin to shift in just a few days. It's never too late to start.



# Feeding Your Microbes

The food you consume has a significant effect on the bacterial makeup of your gut, which can have either a positive or negative impact depending on your choices. To thrive, the microorganisms in your gut need a varied diet rich in high-fibre plant-based foods, such as vegetables, legumes, and berries, along with anti-inflammatory nutrients like omega-3 fatty acids.

Poor nutrition habits can have a detrimental effect on gut microbiota. Diets high in refined sugar, artificial sweeteners, trans fats, and heavily processed foods have been linked to reduced microbial diversity and an increased risk of obesity, insulin resistance, type 2 diabetes, and cardiovascular disease.

Research has shown that eating patterns centred on nutrient-dense, minimally processed foods—particularly those rich in fibre and healthy fats, can improve microbial diversity. This shift supports better metabolic function, a stronger immune response, and overall gut health. Making food choices that support a healthy gut microbiome can help reduce cravings for less nourishing foods over time, without causing feelings of deprivation. Improvements in your gut bacteria can begin within just a few days of changing your diet, although long-term consistency brings the most lasting benefits. It's never too late to start supporting your gut health.



# Probiotics

Probiotics are naturally found in fermented foods like kefir, plain yoghurt, sauerkraut, kimchi, miso, tempeh, pickles (fermented in brine, not vinegar), and kombucha. These foods introduce beneficial bacteria that support gut health and can help rebalance the microbiome over time.

Another way to add probiotics to your diet is through a supplement, but it's important to remember that probiotics are not one-size-fits-all. Different strains have different effects, and what works well for one person may not suit another.

If you're new to probiotic-rich foods, start with a small portion and pay attention to how your stomach feels. It's normal to experience some bloating or mild changes in bowel habits at first. It may take time to figure out how your body responds and what portion size feels best.

Go slow, listen to your gut, and let your body guide you.

## Fermented Foods

## What to check for

## Ways to enjoy

KEFIR

Choose organic, unflavoured, contains live cultures

Smoothies, mixed with yoghurt

KIMCHI

Check the label for fermented, raw, organic

Condiment, side dish

KOMBUCHA

Unpasteurised, raw, dark bottle

Alternative to soda, juices, alcohol

MISO

Non GMO, organic

Soups, stews, curries, salad dressings

PICKLES

Naturally fermented, raw, organic. Should NOT contain vinegar

Salads, burgers, sandwiches

SAUERKRAUT

Naturally fermented, raw, organic. Should NOT contain vinegar

Condiment, salads, burgers, sandwiches

TEMPEH

Non GMO, organic

Replacement for meat in recipes

YOGHURT

Organic, unflavoured, contains live cultures

Smoothies, with fruit. Use Greek plain yoghurt instead of sour cream

Start with 1 tbsp of sauerkraut or kimchi, 1/4 cup of plain yoghurt or plain kefir, 1 tsp of miso paste for soup/stew/salad dressing recipes.



# Fibre

Dietary fibre can be found in plants, with two different types - insoluble and soluble.

## INSOLUBLE

There is a type of fibre called insoluble fibre—it doesn't dissolve in water. It's found in foods like vegetables, nuts, seeds, legumes, and the skins of fruits and potatoes. Insoluble fibre adds bulk to the stool and helps food move through the digestive tract more efficiently, supporting regular, healthy bowel movements.

## SOLUBLE

Including foods such as beans, lentils, chia seeds, and flax seeds in your diet can help maintain healthy cholesterol levels and support stable blood sugar. These foods are rich in soluble fibre, which absorbs water and forms a gel-like texture in the gut, slowing digestion and delaying gastric emptying.

AIM FOR AT LEAST 25  
GRAMS OF FIBRE A DAY.





## Insoluble Fibre Foods

- Nuts (almonds, walnuts, pecans)
- Pears (especially with skin)
- Strawberries
- Zucchini (with skin)
- Green beans
- Dark leafy greens (like kale, spinach, collard greens)
- Potatoes (with skin)

## Soluble Fibre Foods

- Apples
- Avocado
- Black beans
- Carrots
- Chia seeds
- Chickpeas
- Citrus fruits
- Dates
- Flax seeds
- Leeks
- Lentils
- Peas
- Sunflower seeds

Most plant foods contain insoluble and soluble fibre, and both sorts remain undigested until they reach the large intestine. This is where the microbes jump into action and “digest,” or ferment, the fibre. Fibre is the food for your healthy gut bacteria!



# Short Chain Fatty Acids

Short-chain fatty acids (SCFAs) are important compounds produced in the large intestine when beneficial gut bacteria ferment dietary fibres and resistant starch.

SCFAs help maintain a healthy gut environment and are involved in communication between the immune system, nervous system, and even hormone regulation.

They are produced when we consume fibre-rich foods like vegetables, fruits, and legumes—fueling the microbes that help keep us in balance.



Butyrate is a short-chain fatty acid (SCFA) produced in the large intestine when beneficial gut bacteria ferment dietary fibre and other indigestible carbohydrates.

Though not the most abundant SCFA, butyrate plays a vital role in gut health.

It supports the integrity of the intestinal lining, reduces inflammation, and has been studied for its potential anti-cancer effects.



# Prebiotics

Did you know that prebiotics are a type of dietary fibre that nourish the beneficial “friendly” bacteria in your gut?

It's true! While not all fibres are prebiotics, certain types, especially some soluble fibres, can help your gut microbes thrive.

If you're wondering which foods contain prebiotics, check out the list below.

- APPLES
- ARTICHOKES
- ASPARAGUS
- BANANAS (ESPECIALLY UNDERRIPE)
- CHICORY ROOT
- DANDELION ROOT
- GARLIC
- ONIONS
- LEGUMES (COVERS KIDNEY BEANS, SOYBEANS, ETC.)
- CHIA SEEDS

**Tip:**

Prebiotic fibre content can vary based on ripeness, preparation, and cooking method. For example, green bananas are higher in resistant starch, and foods like rice, potatoes, and legumes form more resistant starch when they're cooked and then cooled before eating.

If you follow a low FODMAP diet for irritable bowel syndrome, please consult with your healthcare provider before consuming more prebiotics.



## The Goal

Your goal is not perfection. It would be unrealistic to choose gut-friendly foods 100% of the time. Always start where you feel comfortable and gradually introduce new foods that your "friendly" gut bacteria will love!

Always consider your personal needs, particularly with food sensitivities, medical conditions and intolerances.

# References

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