

# FOOD CHART

# GUT HEALTH

1 PAGE

8.5 X 11 INCHES

PRINTABLE PDF

## FOOD CHART

### Gut Health

#### To Avoid

##### **Highly Processed Foods**

highly processed and refined foods

##### **Added Sugars**

foods and beverages with added sugars

##### **Artificial Sweeteners**

may disrupt the balance of gut bacteria

##### **Red & Processed Meats**

can produce substances that may be harmful

##### **Saturated and Trans Fats**

may contribute to inflammation

##### **Excessive Alcohol**

can disrupt the gut microbiome and damage the intestinal lining

#### To Eat

##### **Fiber-Rich Foods**

variety of fruits, vegetables, whole grains, legumes, nuts

##### **Probiotic-Rich Foods**

yogurt, kefir, sauerkraut, kimchi, kombucha

##### **Prebiotic Foods**

garlic, onions, leeks, asparagus, bananas

##### **Colorful Fruits & Vegetables**

range of colorful fruits and vegetables

##### **Whole Grains**

whole grains like oats, quinoa, brown rice

##### **Lean Proteins**

poultry, fish, tofu, legumes

##### **Healthy Fats**

# How To Use Gut Health Foods Guide For Beginners 19028

**M Carnoy**



## **How To Use Gut Health Foods Guide For Beginners 19028:**

## Reviewing **How To Use Gut Health Foods Guide For Beginners 19028**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**How To Use Gut Health Foods Guide For Beginners 19028**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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