

FOOD CHART

GUT HEALTH

1 PAGE

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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

Quick Gut Health Foods Guide 14306 52970

Jan Mayen, The Knowledge Press



Quick Gut Health Foods Guide 14306 52970:

Quick and Easy Guide to Gut Health Jan Mayen, The Knowledge Press, 2022-12-19 This Quick and Easy Guide to Gut Health provides you with all the information you need to know about gut health and the importance of maintaining a healthy gut It covers everything from diet and lifestyle tips to understanding how to identify and treat common digestive issues It also includes gut health hacks and recipes to help you achieve a healthier gut With this book you will learn how to reduce inflammation balance your gut flora and improve your overall health You ll also get helpful advice on how to optimize your digestion and absorb nutrients more efficiently Finally you ll gain a greater understanding of the importance of gut health and how it affects your overall well being So don t wait get your copy now to start your journey to better gut health

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