

# TOP 12 FOODS THAT PROMOTE HEALTHY GUT BACTERIA

Happy  
Tummy

## Healthy gut bacteria



Needed  
for digestion



Supply essential  
nutrients



Good for physical  
& mental health



More gut bacteria  
than cells in the body

## Food good for gut bacteria



Beans

Prevents  
constipation



Oats

Fibre  
rich



Dried Fruits

Good in vitamin A  
& K



Apples

Full of  
nutrients



Broccoli

Good for lowering  
inflammation



Bananas

Regulates bowel  
movement



Yogurt

Fermented food  
and probiotic



Dark chocolate

Better immunity  
and health



Onions

Prebiotic and  
antioxidants



Garlic

Contains  
functional  
fibre-inulin



Green Vegetable

Healthy  
digestion



Pears

Contain fibre  
good for bowel  
movements

# Easy Gut Health Foods Explained For Creators

**Victor M. Corman**



## **Easy Gut Health Foods Explained For Creators:**

## Decoding **Easy Gut Health Foods Explained For Creators**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Easy Gut Health Foods Explained For Creators**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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