

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

Quick Gut Health Foods Guide For Creators 14180

Lee K Lucas



Quick Gut Health Foods Guide For Creators 14180:

Help Yourself Lindsay Maitland Hunt,2020 More than 125 gut healthy recipes plus advice and strategies to relieve inflammation induced symptoms such as fatigue weight gain mood swings and chronic pain **Digestive Harmony Cookbook** Lee K Lucas,2024-04-05 The Digestive Harmony Cookbook is more than just a collection of recipes It s a comprehensive guide to creating meals that promote gut health aid digestion and enhance nutrient absorption This cookbook features over 100 recipes each carefully designed to support your digestive system From hearty breakfasts to satisfying dinners these recipes are not only delicious but also packed with nutrients that your body can easily absorb But the Digestive Harmony Cookbook is not just about the recipes It also includes valuable information about gut health the importance of a balanced diet and tips for making digestion friendly meals It s a complete resource for anyone looking to improve their digestive health through their diet With the Digestive Harmony Cookbook you can enjoy tasty nutritious meals while also taking care of your gut It s the perfect companion for anyone looking to enhance their wellbeing through their diet

Bullet Points 7 points max 600 characters each

GUT HEALTH FOCUS Recipes designed to promote gut health and aid digestion

NUTRIENT ABSORPTION Meals that enhance nutrient absorption for overall wellbeing

OVER 100 RECIPES A wide variety of recipes to suit all tastes and dietary needs

DIETARY TIPS Includes valuable information about gut health and balanced diet

EASY TO FOLLOW Clear step by step instructions make cooking easy

VERSATILE MEALS From breakfasts to dinners find meals for any time of the day

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