

# 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 Online For Students 38009

**L Reisser**



**Easy Gut Health Foods Online For Students 38009:**

## Whispering the Techniques of Language: An Emotional Journey through **Easy Gut Health Foods Online For Students 38009**

In a digitally-driven world where displays reign great and immediate transmission drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words often go unheard. However, located within the pages of **Easy Gut Health Foods Online For Students 38009** a fascinating literary treasure pulsing with fresh feelings, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the mental depths of the emotional review, we shall embark upon a heartfelt exploration of the book is primary themes, dissect their fascinating publishing type, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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