

# 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

# How To Gut Health Foods Explained For Creators

**Jin-Ying Zhang**



## **How To Gut Health Foods Explained For Creators:**

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