

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

Beginner Friendly Gut Health Foods Guide For Creators 3591

Guillaume Favre



Beginner Friendly Gut Health Foods Guide For Creators 3591:

Whispering the Techniques of Language: An Mental Quest through **Beginner Friendly Gut Health Foods Guide For Creators 3591**

In a digitally-driven earth where screens reign great and quick conversation drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases often go unheard. However, nestled within the pages of **Beginner Friendly Gut Health Foods Guide For Creators 3591** a captivating fictional prize pulsating with raw emotions, lies an extraordinary journey waiting to be undertaken. Published by an experienced wordsmith, this wonderful opus encourages viewers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the psychological depths of the touching review, we will embark upon a genuine exploration of the book is core styles, dissect their fascinating writing fashion, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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