

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

O García



Beginner Friendly Gut Health Foods Guide For Creators 3591:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Beginner Friendly Gut Health Foods Guide For Creators 3591**

In a world inundated with displays and the cacophony of instant interaction, the profound power and psychological resonance of verbal art frequently fade into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, set within the musical pages of **Beginner Friendly Gut Health Foods Guide For Creators 3591**, a charming perform of fictional elegance that impulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that magical opus books readers on a mental odyssey, gently exposing the latent potential and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key themes, dissect their fascinating publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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web básicamente te ayuda a mantenerte organizado todos los días de la semana dado que las agendas diarias digitales te permiten etiquetar y clasificar las tareas obtienes una visión general de todo lo que debes hacer cada día

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