

# GUT HEALING FOODS

for sensitive stomachs & easy digestion



Bananas



Papaya



Yogurt



Avocado



Pumpkin\*



Oats



Zucchini



Chamomile



Apples\*



Cantaloupe



Cucumber



Blueberries



Ginger



Chia Seeds



Pears\*



Applesauce



Squash



Bone Broth



Beets\*



Sweet Potatoes



Kefir



Carrots\*



Miso



Quinoa

@QuitChronicFatigue

# Expert Gut Health Foods 2025 For Workers

**Ensheng Dong**



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