

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

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SA Dillow



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