

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

Top Gut Health Foods Guide For Creators 12977

J Ma



Top Gut Health Foods Guide For Creators 12977:

Whispering the Strategies of Language: An Mental Journey through **Top Gut Health Foods Guide For Creators 12977**

In a digitally-driven world wherever displays reign great and immediate communication drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases often move unheard. Yet, set within the pages of **Top Gut Health Foods Guide For Creators 12977** a interesting literary prize sporting with natural thoughts, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, that marvelous opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the material of every word. Within the emotional depths with this moving review, we shall embark upon a sincere exploration of the book is primary styles, dissect its charming writing model, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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