

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

Expert Gut Health Foods Guide 29231 67895

Katrin Zwirgmaier



Expert Gut Health Foods Guide 29231 67895:

Adopting the Beat of Term: An Psychological Symphony within **Expert Gut Health Foods Guide 29231 67895**

In some sort of consumed by monitors and the ceaseless chatter of instant conversation, the melodic elegance and mental symphony created by the written word frequently disappear in to the back ground, eclipsed by the persistent noise and interruptions that permeate our lives. However, set within the pages of **Expert Gut Health Foods Guide 29231 67895** a charming fictional value overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this captivating masterpiece conducts readers on a mental trip, skillfully unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths with this poignant assessment, we can explore the book is central harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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