

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

How To Start Gut Health Foods Guide For Beginners

Anne Chang



How To Start Gut Health Foods Guide For Beginners:

Whispering the Secrets of Language: An Emotional Quest through **How To Start Gut Health Foods Guide For Beginners**

In a digitally-driven world where displays reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and mental subtleties hidden within words usually move unheard. However, nestled within the pages of **How To Start Gut Health Foods Guide For Beginners** a fascinating fictional prize pulsating with organic emotions, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, that enchanting opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the mental depths of the moving evaluation, we can embark upon a honest exploration of the book is core themes, dissect its fascinating writing design, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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