

# FOOD CHART

# GUT HEALTH

1 PAGE

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PRINTABLE PDF

## 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

# Affordable Gut Health Foods Guide For Beginners

**William Cowper Conant**



## **Affordable Gut Health Foods Guide For Beginners:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Affordable Gut Health Foods Guide For Beginners**

In a world inundated with monitors and the cacophony of immediate communication, the profound power and psychological resonance of verbal beauty often fade into obscurity, eclipsed by the continuous assault of noise and distractions. However, nestled within the lyrical pages of **Affordable Gut Health Foods Guide For Beginners**, a captivating perform of literary splendor that impulses with raw feelings, lies an unique journey waiting to be embarked upon. Published with a virtuoso wordsmith, this interesting opus books viewers on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the delicate web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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