

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

Why Gut Health Foods Guide 22386 61050

Victor M. Corman



Why Gut Health Foods Guide 22386 61050:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Why Gut Health Foods Guide 22386 61050**

In a global inundated with screens and the cacophony of quick transmission, the profound energy and emotional resonance of verbal beauty frequently diminish into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, located within the musical pages of **Why Gut Health Foods Guide 22386 61050**, a fascinating function of fictional brilliance that pulses with raw feelings, lies an wonderful journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this interesting opus courses readers on an emotional odyssey, delicately exposing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key themes, dissect their charming publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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