

# 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 Gut Health Foods Guide For Workers

**Christian G. Meyer**



## **How To Gut Health Foods Guide For Workers:**

## Whispering the Strategies of Language: An Psychological Journey through **How To Gut Health Foods Guide For Workers**

In a digitally-driven world wherever displays reign supreme and quick connection drowns out the subtleties of language, the profound techniques and psychological nuances hidden within words frequently move unheard. However, situated within the pages of **How To Gut Health Foods Guide For Workers** a fascinating fictional value pulsing with raw feelings, lies a fantastic quest waiting to be undertaken. Penned by a skilled wordsmith, this charming opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the emotional depths with this poignant review, we shall embark upon a heartfelt exploration of the book is primary styles, dissect their charming publishing type, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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