

# 9 Foods That SUPPORT A HEALTHY GUT



Whole Grains



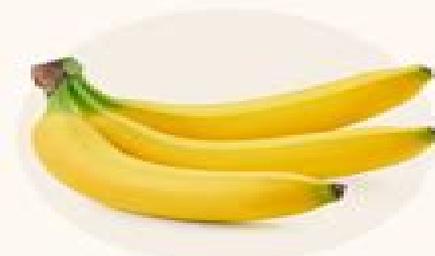
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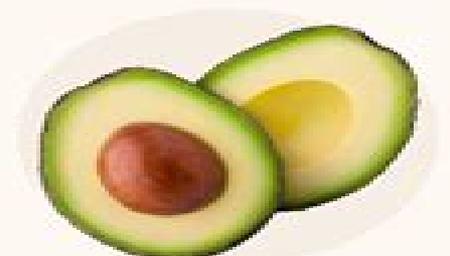
Leafy Greens



Lean Meats



Bananas



Avocados



Yogurt



Kombucha



Oats and Barley

# Best Way To Gut Health Foods Ideas For Beginners

## 25392

**Una Tucker**



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