

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

Quick Gut Health Foods Guide For Experts 27829

Marcel A. Müller



Quick Gut Health Foods Guide For Experts 27829:

Whispering the Secrets of Language: An Psychological Journey through **Quick Gut Health Foods Guide For Experts 27829**

In a digitally-driven earth where monitors reign great and instant communication drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases frequently get unheard. However, set within the pages of **Quick Gut Health Foods Guide For Experts 27829** a captivating fictional prize pulsing with organic thoughts, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, that marvelous opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of each word. Within the psychological depths of the poignant review, we can embark upon a honest exploration of the book is primary subjects, dissect their interesting publishing fashion, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

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