

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 Use Gut Health Foods Guide For Workers

Walter Hines Page, Arthur Wilson Page

How To Use Gut Health Foods Guide For Workers:

Whispering the Techniques of Language: An Mental Journey through **How To Use Gut Health Foods Guide For Workers**

In a digitally-driven earth wherever displays reign great and quick transmission drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually go unheard. Yet, located within the pages of **How To Use Gut Health Foods Guide For Workers** a fascinating fictional prize sporting with raw feelings, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, this charming opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very material of every word. Within the emotional depths of the moving review, we shall embark upon a genuine exploration of the book is key subjects, dissect their fascinating writing style, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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