

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

Trending Gut Health Foods Guide For Creators

Richard Bailey



Trending Gut Health Foods Guide For Creators:

Whispering the Secrets of Language: An Mental Quest through **Trending Gut Health Foods Guide For Creators**

In a digitally-driven world where displays reign great and immediate communication drowns out the subtleties of language, the profound secrets and mental subtleties concealed within words frequently get unheard. However, situated within the pages of **Trending Gut Health Foods Guide For Creators** a interesting fictional value pulsating with fresh emotions, lies a fantastic journey waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus invites visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the fabric of each and every word. Within the psychological depths of the poignant evaluation, we shall embark upon a honest exploration of the book is primary subjects, dissect their charming writing design, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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