

# 9 Foods That SUPPORT A HEALTHY GUT



Whole Grains



Legumes



Leafy Greens



Lean Meats



Bananas



Avocados



Yogurt



Kombucha



Oats and Barley

# How To Use Gut Health Foods Ideas For Experts

**Annelies Wilder-Smith**



## **How To Use Gut Health Foods Ideas For Experts:**

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