

# 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**

# Pro Gut Health Foods Guide For Workers

**D Siedentop**



## **Pro Gut Health Foods Guide For Workers:**

## Whispering the Techniques of Language: An Emotional Journey through **Pro Gut Health Foods Guide For Workers**

In a digitally-driven world wherever monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases usually get unheard. Yet, situated within the pages of **Pro Gut Health Foods Guide For Workers** a charming fictional value pulsating with organic emotions, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, that wonderful opus attracts readers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the psychological depths of this poignant evaluation, we can embark upon a genuine exploration of the book's core subjects, dissect their fascinating publishing model, and yield to the powerful resonance it evokes deep within the recesses of readers' hearts.

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