

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 Workers 10903

DP Hallahan



Trending Gut Health Foods Guide For Workers 10903:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Trending Gut Health Foods Guide For Workers 10903**

In some sort of inundated with screens and the cacophony of fast connection, the profound energy and psychological resonance of verbal beauty often disappear in to obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the lyrical pages of **Trending Gut Health Foods Guide For Workers 10903**, a fascinating function of literary beauty that pulses with raw feelings, lies an remarkable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that enchanting opus books visitors on an emotional odyssey, delicately exposing the latent potential and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is key styles, dissect their fascinating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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