

FOOD CHART

GUT HEALTH

1 PAGE

8.5 X 11 INCHES

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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

Simple Gut Health Foods Guide

S Ben Porath



Simple Gut Health Foods Guide:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Simple Gut Health Foods Guide** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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