

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

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F Rizvi



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Complete Guide to Gut Health and Wellness Jaden Mossie, 2024-11-29 Unlock the Secrets to Optimal Digestive Health and Total Well being with Complete Guide to Gut Health and Wellness Dive into this comprehensive evidence based guide designed to transform your understanding of gut health and its critical role in your overall wellness From decoding the science of the microbiome to practical steps for enhancing digestion this book is a treasure trove of actionable advice expert insights and cutting edge research Whether you re battling digestive disorders seeking weight management strategies or simply aiming to feel your best this guide empowers you to take control of your health starting from within Discover how your gut impacts immunity mental health energy levels and even skin health With easy to understand explanations you ll explore the connections between probiotics prebiotics and fermented foods in cultivating a balanced microbiome Gain practical knowledge on how diet stress management and lifestyle adjustments can support a thriving digestive system and long lasting vitality This book offers Expert strategies for combating common issues like bloating acid reflux constipation and irritable bowel syndrome Tailored nutrition plans and recipes designed to restore gut balance and boost energy Insights into the gut brain connection revealing how improving your digestion can enhance focus mood and mental clarity Essential tips for identifying food intolerances and adopting a gut friendly diet Guidance on detoxing your digestive system safely and effectively for long term results Steps to rebuild your gut health after antibiotics or illness Packed with practical tools including food lists supplement recommendations and mindfulness techniques this guide equips you with everything you need to nurture your gut and experience life changing benefits Whether you re a beginner in wellness or a health enthusiast looking for advanced insights this book serves as your ultimate roadmap to optimal digestive health and total wellness Don t wait to take charge of your gut health empower your journey to vitality today Choose Complete Guide to Gut Health and Wellness and start your path to a healthier happier you Your solution to vibrant health is just a page away *Help Yourself* Lindsay Maitland Hunt, 2020 More than 125 gut healthy recipes plus advice and strategies to relieve inflammation induced symptoms such as fatigue weight gain mood swings and chronic pain **Dietary Therapies for Digestive Health** Dr M Qassim, 2024-07-31 Don t miss out on this invaluable resource buy it now and transform your health and Unlock the secrets to optimal digestive health with Dietary Therapies for Digestive Health A Clinician s Handbook This comprehensive guide is an essential resource for anyone seeking to understand and manage common digestive disorders through proven nutritional strategies In today s fast paced world digestive health is often overlooked yet it plays a critical role in our overall well being This meticulously researched handbook offers a deep dive into the intricacies of the digestive system the pivotal role of the

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The Mystery Gut Kerryn Phelps, Claudia Lee, Jaime Rose Chambers, 2017-08-08 A complete guide to common gut
conditions and improving gut health Australia s most trusted GP Professor Kerryn Phelps AM reveals how a healthy gut is
essential for overall wellbeing As practitioners Prof Phelps and Dr Lee know the problems caused by poor gut health and how
an uneasy gut can make life miserable Symptoms such as weight gain diarrhoea and cramping are common but few people
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revolution in the way we think about the gut and its relevance to our health They explain common medical problems from IBS
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gut produced with nutritionist and clinical dietitian Jaime Chambers this is an essential guide to fixing your gut and
improving your wellbeing

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