

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 Beginners 36424

EW Minium



Pro Gut Health Foods Guide For Beginners 36424:

Whispering the Techniques of Language: An Emotional Journey through **Pro Gut Health Foods Guide For Beginners 36424**

In a digitally-driven world where displays reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases frequently get unheard. However, located within the pages of **Pro Gut Health Foods Guide For Beginners 36424** a interesting fictional prize sporting with raw emotions, lies an extraordinary quest waiting to be undertaken. Composed by a skilled wordsmith, that marvelous opus invites viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very cloth of every word. Within the psychological depths of the moving review, we can embark upon a heartfelt exploration of the book is key styles, dissect their captivating writing model, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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