

TOP 12 FOODS THAT PROMOTE HEALTHY GUT BACTERIA

Happy Tummy

Healthy gut bacteria



Needed for digestion



Supply essential nutrients



Good for physical & mental health



More gut bacteria than cells in the body

Food good for gut bacteria



Beans

Prevents constipation



Oats

Fibre rich



Dried Fruits

Good in vitamin A & K



Apples

Full of nutrients



Broccoli

Good for lowering inflammation



Bananas

Regulates bowel movement



Yogurt

Fermented food and probiotic



Dark chocolate

Better immunity and health



Onions

Prebiotic and antioxidants



Garlic

Contains functional fibre-inulin



Green Vegetable

Healthy digestion



Pears

Contain fibre good for bowel movements

What Is Gut Health Foods Explained For Creators

Mark Steyvers



What Is Gut Health Foods Explained For Creators:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **What Is Gut Health Foods Explained For Creators** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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