

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 Students 11195

R Sandford



Trending Gut Health Foods Guide For Students 11195:

Whispering the Strategies of Language: An Emotional Quest through **Trending Gut Health Foods Guide For Students 11195**

In a digitally-driven earth wherever displays reign great and instant conversation drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases frequently get unheard. However, set within the pages of **Trending Gut Health Foods Guide For Students 11195** a fascinating literary prize blinking with raw thoughts, lies an extraordinary quest waiting to be undertaken. Written by a talented wordsmith, this charming opus encourages readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very material of every word. Within the psychological depths of the moving evaluation, we shall embark upon a genuine exploration of the book is primary styles, dissect their interesting writing design, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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