

# 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

# Ultimate Gut Health Foods Guide For Workers

**Jessica J Manson**



**Ultimate Gut Health Foods Guide For Workers:**

## Embracing the Tune of Term: An Psychological Symphony within **Ultimate Gut Health Foods Guide For Workers**

In a global used by monitors and the ceaseless chatter of instant interaction, the melodic beauty and psychological symphony produced by the written word frequently disappear in to the background, eclipsed by the relentless noise and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Ultimate Gut Health Foods Guide For Workers** a marvelous literary value filled with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this fascinating masterpiece conducts readers on a psychological trip, well unraveling the concealed melodies and profound impact resonating within each carefully crafted phrase. Within the depths of the moving assessment, we shall investigate the book is main harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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