

# 9 Foods That SUPPORT A HEALTHY GUT



Whole Grains



Legumes



Leafy Greens



Lean Meats



Bananas



Avocados



Yogurt



Kombucha



Oats and Barley

# Best Way To Gut Health Foods Explained For Creators

**AW Chickering**



## **Best Way To Gut Health Foods Explained For Creators:**

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