

Gut Health Checklist

Made by a dietitian

FOODS TO AVOID OR LIMIT

Refined cooking oils

Recommendation	Avoid refined vegetable oils.
What's included?	Avoid oil extracted from seeds, e.g. sunflower, safflower, rapeseed oils. Instead use more unsaturated or saturated fats, like olive oil, butter, coconut oil, lard.
Why?	Refined vegetable oils (e.g. sunflower, safflower, rapeseed) can promote inflammation in the gut because: I) their chemical structure is altered when exposed to high heat, leading to formation of harmful compounds II) their content of omega 6 fatty acids is very high

Grilled meat

Recommendation	Limit intake of grilled meat.
What's included?	Any meat cooked on fire or smoke resulting in the charring or burning of meat.
Why?	The charring meat at high temperatures can create harmful compounds, such as heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). These compounds can have carcinogenic effect once in contact with the intestinal wall, thus increasing the risk of colon cancer.

10 pages of:

-  **Foods to have more of**
-  **Foods to limit/avoid**
-  **Behaviours and habits**

+ a gift to you! ✨ ✨

Expert Gut Health Foods Full Tutorial For Creators

M Mark



Expert Gut Health Foods Full Tutorial For Creators:

Reviewing **Expert Gut Health Foods Full Tutorial For Creators**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Expert Gut Health Foods Full Tutorial For Creators**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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