

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

Why Gut Health Foods Full Tutorial 26619

CO Houle



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In a global inundated with screens and the cacophony of instant transmission, the profound power and psychological resonance of verbal artistry frequently fade into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, nestled within the musical pages of **Why Gut Health Foods Full Tutorial 26619**, a interesting function of fictional splendor that impulses with fresh feelings, lies an unforgettable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this interesting opus guides readers on a mental odyssey, delicately exposing the latent potential and profound influence embedded within the delicate web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect their charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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