

FOOD CHART

GUT HEALTH

1 PAGE

8.5 X 11 INCHES

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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

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RM Cervero



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and cooking With their help you will soon be well on your way to healing without having to leave your love of food behind

The Mystery Gut Kerryn Phelps, Claudia Lee, Jaime Rose Chambers, 2017-08-08 A complete guide to common gut
conditions and improving gut health Australia s most trusted GP Professor Kerryn Phelps AM reveals how a healthy gut is
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an uneasy gut can make life miserable Symptoms such as weight gain diarrhoea and cramping are common but few people
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