

# 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

# Advanced Gut Health Foods Guide For Experts 19508

**JA Banks**



## **Advanced Gut Health Foods Guide For Experts 19508:**

## Decoding **Advanced Gut Health Foods Guide For Experts 19508**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Advanced Gut Health Foods Guide For Experts 19508**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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