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1. Whole-Grain Rye and Wheat
2. Legumes
3. Inulin-Rich Vegetables
4. Fruits
5. Whole Plant Foods
6. Fiber-Rich Breads
7. Honey
8. Probiotics and Prebiotics
9. Low-Fat Cheeses
10. Cooked Vegetables

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Top Gut Health Foods Explained For Experts

RJ Alexander

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