

FOOD CHART

GUT HEALTH

1 PAGE

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PRINTABLE PDF

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

Simple Gut Health Foods Guide For Creators 22886

KJ Lindholm-Leary



Simple Gut Health Foods Guide For Creators 22886:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Simple Gut Health Foods Guide For Creators 22886**

In some sort of inundated with screens and the cacophony of fast transmission, the profound power and mental resonance of verbal artistry often fade into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, located within the musical pages of **Simple Gut Health Foods Guide For Creators 22886**, a captivating perform of literary splendor that pulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that exciting opus courses visitors on a psychological odyssey, delicately revealing the latent potential and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central styles, dissect its interesting writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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