FOOD CHART

GUT HEALTH

1 PAGE | 8.5 X 11 INCHES | 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

What Is Gut Health Foods Guide For Workers

Siddappa N.Byrareddy

What Is Gut Health Foods Guide For Workers:

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Reviewing **What Is Gut Health Foods Guide For Workers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**What Is Gut Health Foods Guide For Workers**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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