

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

Why Gut Health Foods Full Tutorial 26619

Ying-Ying Zheng



Why Gut Health Foods Full Tutorial 26619:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Why Gut Health Foods Full Tutorial 26619**

In some sort of inundated with screens and the cacophony of quick communication, the profound power and emotional resonance of verbal artistry frequently diminish into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, nestled within the musical pages of **Why Gut Health Foods Full Tutorial 26619**, a charming function of fictional elegance that pulses with natural thoughts, lies an remarkable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that mesmerizing opus courses readers on a psychological odyssey, softly revealing the latent possible and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is key themes, dissect their interesting publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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