

# 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

# Quick Gut Health Foods Guide For Students 3367

**Xiang Xie**



## **Quick Gut Health Foods Guide For Students 3367:**

## Whispering the Strategies of Language: An Emotional Journey through **Quick Gut Health Foods Guide For Students 3367**

In a digitally-driven earth wherever screens reign great and quick interaction drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases often get unheard. However, situated within the pages of **Quick Gut Health Foods Guide For Students 3367** a charming literary prize sporting with raw emotions, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, that enchanting opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the psychological depths of the poignant review, we will embark upon a honest exploration of the book is primary styles, dissect its captivating writing model, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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