

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 For Beginners

Richard Bailey



Why Gut Health Foods Full Tutorial For Beginners:

Enjoying the Track of Expression: An Mental Symphony within **Why Gut Health Foods Full Tutorial For Beginners**

In a global eaten by displays and the ceaseless chatter of instant conversation, the melodic elegance and mental symphony created by the published term frequently diminish into the background, eclipsed by the persistent sound and disturbances that permeate our lives. But, set within the pages of **Why Gut Health Foods Full Tutorial For Beginners** a wonderful literary treasure brimming with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this captivating masterpiece conducts readers on a mental journey, well unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of this poignant analysis, we can explore the book is central harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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