

TOP 5 FOODS FOR GUT HEALTH



Bonus Webinar: GutHealthWebinar.com

1.



Plantains

A great source of resistant starch to feed your healthy gut microbes.

Ginger

In addition to its known benefits for digestion, ginger may also lower gut inflammation.



2.

3.



Beets

Another food loaded with resistant starch, beets also have a healthy serving of folate which helps with tissue repair.

Avocado

The fiber in avocado is turned into healthy short-chained fatty acids. They also help gut cells produce mucus which protects the gut tissue.



4.

5.

Green Apples

Contain the prebiotic, pectin, which feeds the healthy microbes in the gut to restore balance and function.

BONUS:
3 Foods
To Avoid!



1. **Polyunsaturated fatty acids (PUFAs)**
2. **Artificial Sweeteners**
3. **Refined Grains**

These foods can cause leaky gut, inflammation and microbiome imbalance.