



**Your SECRET WEAPON
for Better Health:
Plant-Based Foods**

BOOST HEALTHY GUT BACTERIA

Bananas help fight inflammation & stabilize gut bacteria growth

Broccoli & Other Cruciferous Vegetables are packed with Glucosinolates and fight inflammation and cancer

Blueberries enhance Immune System and Destroy harmful bacteria

Beans release short-chain fatty acids and boost vitamin absorption

Jerusalem Artichokes are rich in Inulin Fiber which is a strong Prebiotic

Polenta is high in fiber and a fermentable component

Kimchee & Sauerkraut improve health of intestinal walls & boosts immune function

Tempeh crowds out unhealthy bacteria and boosts nutrient absorption
