

Broccoli, Cruciferous Vegetables

Packed with Glucosinolates
Fight Inflammation and Cancer



Bananas

Fight Inflammation
Stabilize Gut Bacteria



Beans

Release Short-Chain Fatty Acids
Boost Vitamin Absorption, Satiety

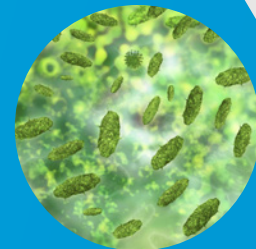


Jerusalem Artichokes

Rich in Inulin Fiber
Strong Prebiotic



Boost *Healthy* Gut Bacteria with **Plant-Based** Foods



Enhance Immune Function Prevent Colon Cancer Fight Inflammation Boost Metabolism



Blueberries

Enhance Immune System
Destroy Harmful Bacteria



Polenta

High in Fiber
Fermentable Component



Kimchee, Sauerkraut

Improves Health of Intestinal Walls
Boosts Immune Function



Tempeh

Crowds Out Unhealthy Bacteria
Boosts Nutrient Absorption