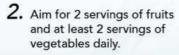
TAKING CARE OF YOUR GUT





 Have a variety of plant-based foods like fresh fruits and vegetables, nuts, wholegrain and legumes.





Limit your saturated fat intake from animal fats, full-fat dairy products and fried food.

Choose lean meat and low-fat dairy products.

Opt for steamed, grilled, baked or boiled options.





 Limit your sugar intake from sweetened beverages and desserts.

