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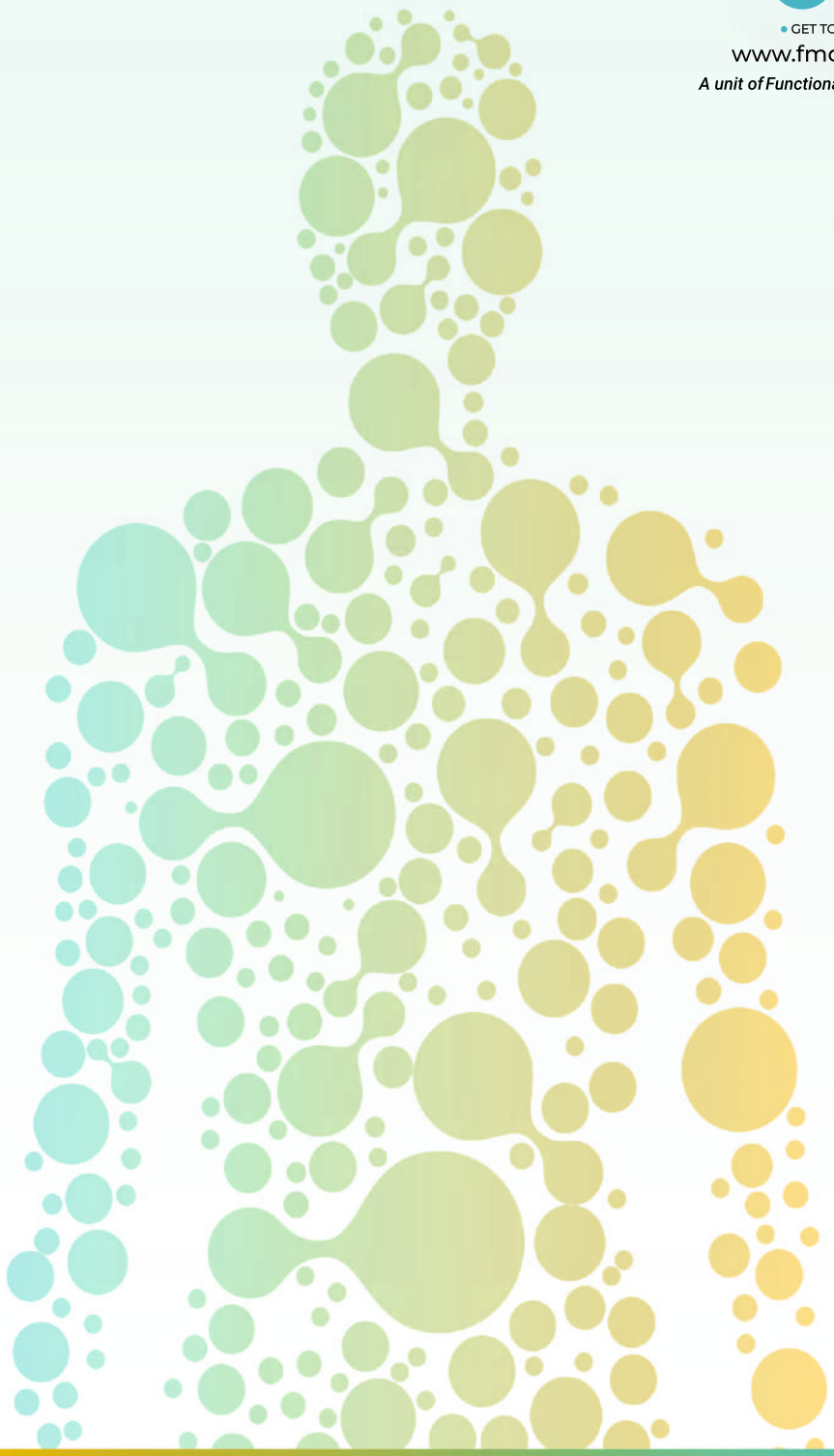


Your Personalized Microbiome Insights

Name :	Dummy Report	Gender :	Female
Test ID :	MMG021167MBG1224323	Date :	21/May/2026 02:56 PM

Welcome to Your Personalized Microbiome Insights

Congratulations on completing your microbiome test and taking a proactive step in optimizing your health. Understanding your health at a deeper level is one of the most important steps you can take toward long term wellbeing.

Your gut microbiome plays a powerful role in your overall health influencing digestion, energy, brain function, immune balance, and long term disease risk.

This report translates your unique microbiome data into personalized insights and practical actions to help you improve your health and wellbeing.

How to Read This Report

Your report includes:

- **Your Gut Health Summary —** a high level view of your results.
- **Your Actionable Insights and Action Plan —** the key recommendations to improve balance, function and overall gut health.
- **Your Detailed Microbiome Results —** a deeper look at your microbiome composition and functional patterns.

Getting the Most from Your Results

Your gut microbiome is complex but taking action to improve it does not have to be. Use this report as a guide to:

- Better understand your body and make meaningful changes to improve your health.
- Focus first on your top priority areas -small, targeted changes can have a meaningful impact and lead to lasting improvements.
- Consult with your healthcare practitioner for personalized guidance and next steps.
- Consider retesting every 3-6 months to measure progress and see how your microbiome responds to changes.

The Most Advanced Microbiome Testing Available

You have chosen one of the most comprehensive approaches to understanding your gut health. You have received detailed results using shotgun metagenomic sequencing an advanced method that captures the full diversity of your gut microbiome. It analyzes all microbial DNA providing actual data for deeper insights.

Important to Know

Your microbiome is dynamic and responsive it can change with diet and lifestyle. The results reflect a snapshot in time not a fixed state. Balance and diversity matter more than any single microbe. These insights are designed to guide decisions not diagnose conditions.

Remember lifestyle matters. Wishing you meaningful insights on your journey to better gut health.

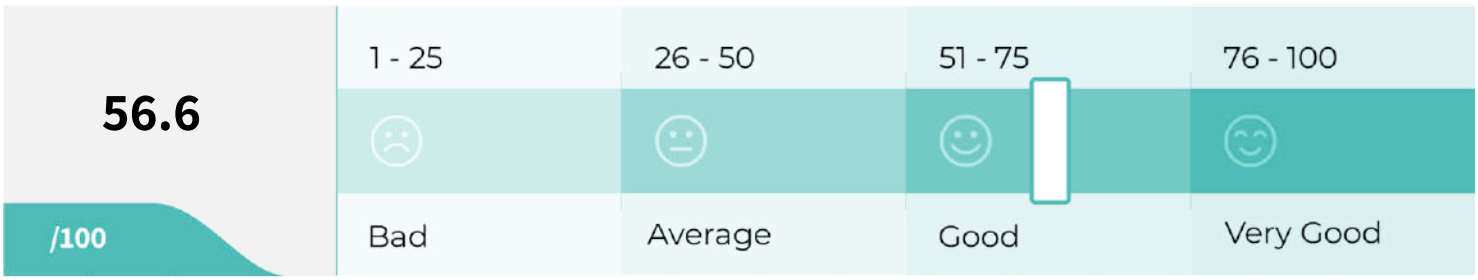
Table of Contents

Customer Information

Particulars	Details
Sample type	Stool
Sample Collection Date and Time	02/Dec/2024 12:15 PM
Sample receipt Date and Time	02/Dec/2024 05:14 PM
Sample ID	MMG021167MBG1224323
Kit ID	Stool Kit 01
Address	XXXXX
Contact Number	8639966847
Email	navya.v@mapmygenome.in
Sample Quality	Pass
Sample Quantity	Adequate
Date of birth	01-Jan-2000

1. Your Gut Health Summary

Gut Health Index



Your Gut Health Index is calculated based on the levels of health-associated and disease-associated bacteria species. This provides an overall indication of gut health.

Microbiome Overview

Microbial Diversity
Good

Probiotic Biome - Good Bacteria
Not Good
Need Supplementation

Pathogenic Biome - Harmful Bacteria
Good

Vitamin Regulation
Good

Short-Chain Fatty Acids
Good

Neurotransmitter Levels
Not Good
Imbalance

Antibiotic Resistance
Not Good
Detected Resistance

Inflammatory Markers
Good

Disease Risk
Good

Gastric Symptoms Risk
Good

Refer to Detailed Microbiome Results and Action Plan section for detailed recommendations on improving your microbiome.
Repeat the test after 3 months to check whether your lifestyle changes are effective

2. Your Action Plan

Actionable Insights

Your gut microbiome analysis provides important insights into the composition and diversity of bacteria in your gut that can have a significant impact on your health. It helps identify imbalances in your microbiome associated with various health issues. Information obtained from this analysis can be used to design personalized diets and lifestyle changes to improve gut health and overall wellness.

Microbial Diversity
Good

Probiotic Biome - Good Bacteria
Need Supplementation:
Lactiplantibacillus pentosus; Lactiplantibacillus plantarum; Lactobacillus delbrueckii; Lactobacillus gasseri; Lactobacillus helveticus; Lactococcus lactis; Limosilactobacillus fermentum; Limosilactobacillus reuteri

Pathogenic Biome - Harmful Bacteria
Good:
No bad microbes detected

Vitamin Regulation
Good:
No Recommendations / No supplementation

Short - Chain Fatty Acids
Good:
No Recommendations / No supplementation

Neurotransmitter Levels
Imbalance:
GABA; Acetylcholine; Serotonin

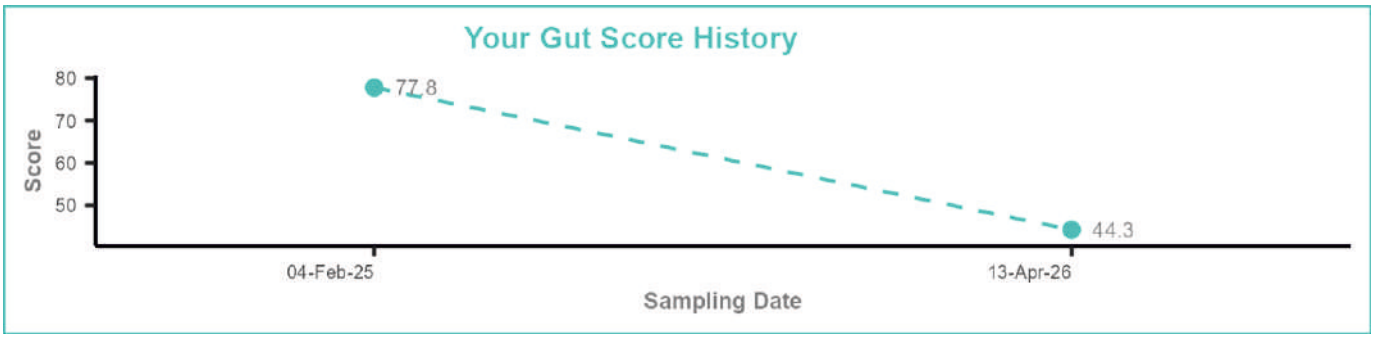
Antibiotic Resistance
Detected Resistance:
Azithromycin; Cephalosporin; Erythromycin

Inflammatory Markers
Good:
No abnormal inflammatory markers detected

Disease Risk
Good:
No abnormal diseases detected

Gastric Symptoms Risk
Good:
No abnormal gastric symptoms detected

Note: Please refer to the detailed report for further information.



Recommended Actions

Result	Recommendations
Probiotic Biome - Good Bacteria	
Low Probiotic	1. Consume a diet rich in fermented foods such as yogurt, kefir, kimchi, sauerkraut, miso and tempeh, which provide live beneficial microbes. 2. Support their growth with prebiotic fibers from garlic, onions, leeks, bananas, asparagus, oats and flaxseeds. 3. Include polyphenol-rich foods like green tea, berries and dark chocolate to nourish probiotics. 4. Limit processed foods, excessive sugar and artificial additives, which can disrupt gut balance. 5. A diverse, fiber-rich diet with plenty of whole foods will help maintain a thriving probiotic population.
Neurotransmitter Levels	
Low GABA	1. The recommended foods to increase GABA production in gut are lupin sprouts, adzuki beans, soybeans, common beans, peas, oats, wheat, barley, and various rice varieties (white, black, brown, and red), along with buckwheat, tomatoes, raw spinach, potatoes, sweet potatoes, kale, and broccoli. 2. Additionally, mushrooms, chestnuts, and wild celery contribute to a healthy diet. 3. GABA is naturally present in fermented foods such as kimchi, miso, and tempeh, as well as in green, black, and oolong tea. 4. Other foods that either contain GABA or support its production include cabbage, cauliflower, Brussels sprouts and sprouted grains.
Low Acetylcholine	1. Incorporate extracts from squash, eggplant, and spinach in your diet. 2. Other foods in which acetylcholine is found are peas, mung beans, common beans, bitter orange, strawberries and radishes.
Low Serotonin	1. Incorporate fruits, vegetables, and seeds into your diet. 2. Key sources include green bananas, peppers, hazelnuts, tomatoes, cherry tomatoes, pineapples, plums, passion fruit, papaya, kiwi, velvet beans, spinach, Chinese cabbage, rice, green coffee beans, pomegranates, strawberries, chicory, green onions, and lettuce.
Antibiotic Resistance	
Resistant	1. Prioritize a balanced diet rich in fiber, fermented foods and prebiotics to support beneficial gut bacteria. 2. Avoid excessive processed foods, practice good hygiene and consider probiotics to help restore gut microbiome balance and reduce the spread of resistant bacteria.

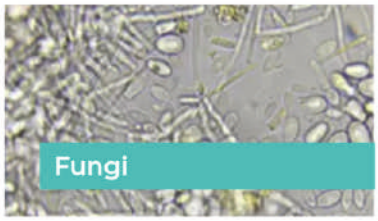
3. Your Detailed Microbiome Results

The gut microbiome analysis provides important insights into the composition and diversity of bacteria in the gut that can have a significant impact on our health. It helps to identify imbalances in the microbiome associated with various health issues. The information obtained from this analysis can be used to design personalized diets and lifestyle changes to improve gut health and overall wellness.

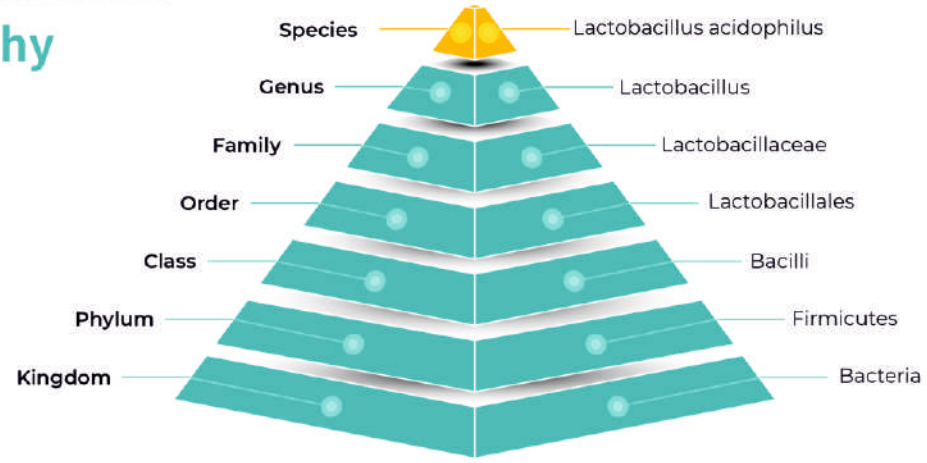
A. Microbiome Diversity
B. Probiotic Biome - Good Bacteria
C. Pathogenic Biome - Harmful Bacteria
D. Vitamin Regulation
E. Short-Chain Fatty Acids
F. Neurotransmitter Levels
G. Antibiotic Resistance
H. Inflammatory Markers
I. Disease Risk
J. Symptom Risk

A. Microbiome Diversity

The human gut is composed of trillions of microbes. The microbes in our gut broadly fall under 5 different kingdoms - Bacteria, Archaea, Fungi, Protozoa and Viruses. Bacteria are the most common microbes in our gut



The Taxanomic Hierarchy



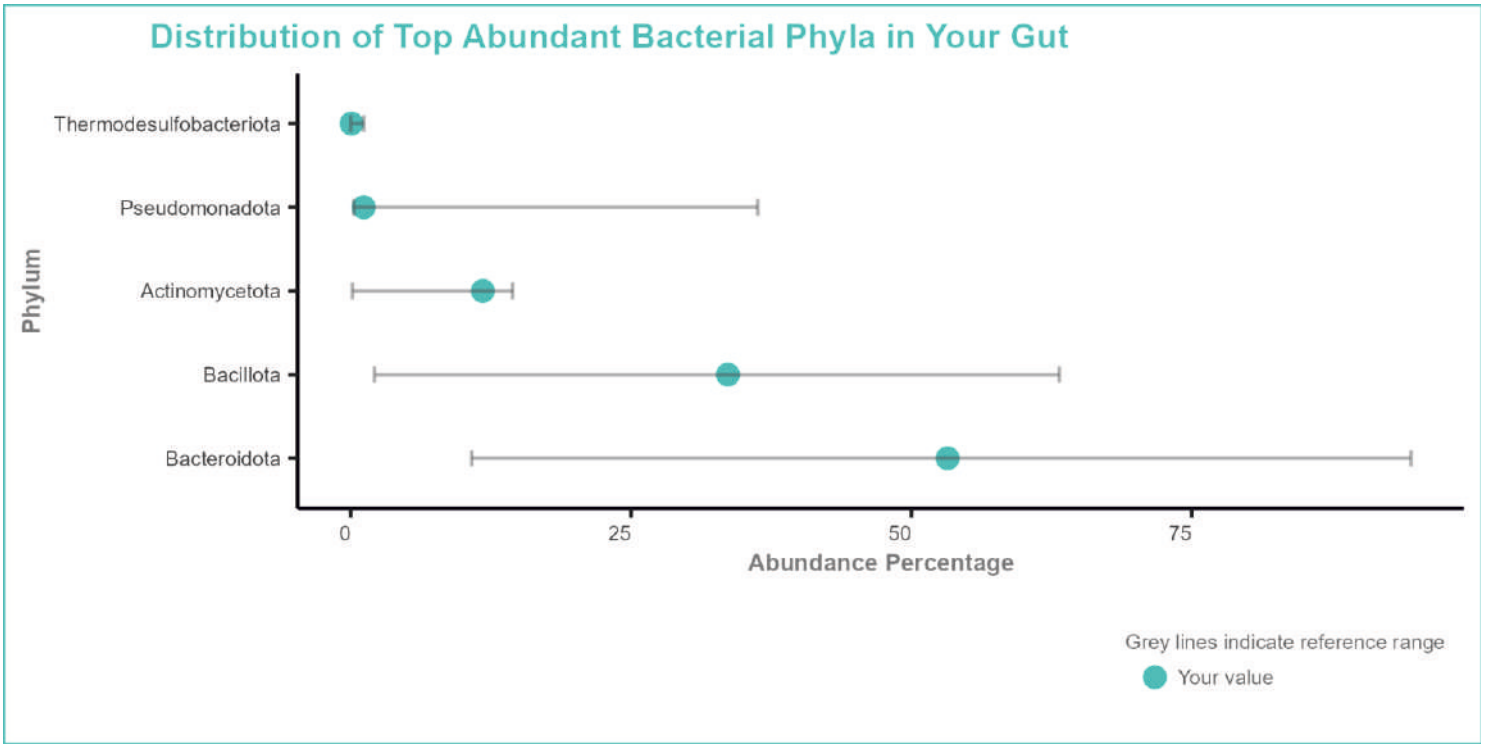
Kingdom Distribution

The human gut harbors a vast array of microorganisms, collectively referred to as the gut microbiota. The gut microbiota is composed of various microbial species, including bacteria, archaea, fungi, viruses, and other microorganisms. Bacteria and archaea are the most abundant and well-studied microorganisms in the human gut.

KINGDOM	Normal Range (%)	Your Value (%)	Inference
Bacteria	99.7136-99.9955	99.9287	Normal
Protozoa	0.0025-0.0267	0.0497	High
Fungi	0.0017-0.0215	0.0166	Normal
Archaea	0.0001-0.2607	0.005	Normal
Viruses	0-0.0011	0	Normal

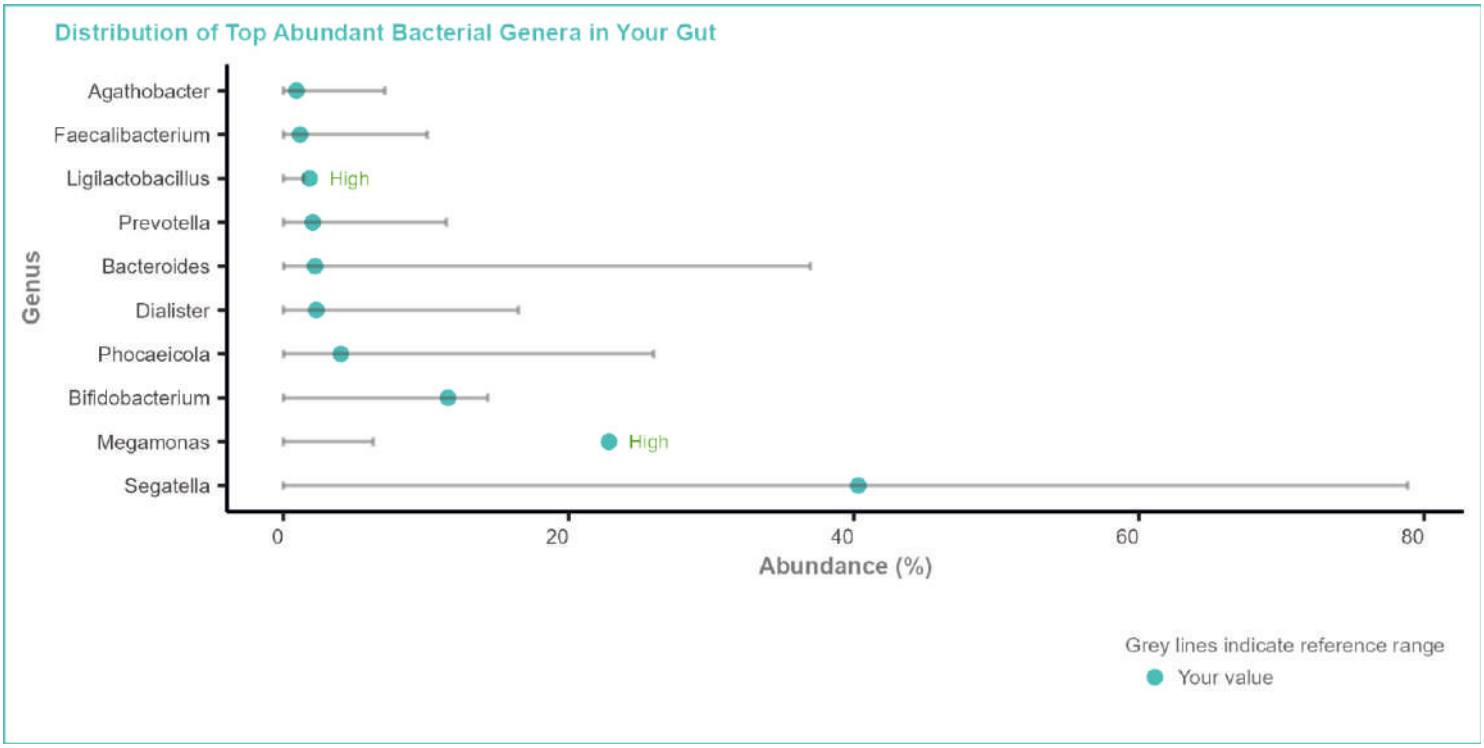
Top Abundant Bacterial Phyla

Major bacterial populations (phyla) found in the gut microbiome are Firmicutes, Bacteroidetes, Actinobacteria, Proteobacteria, Verrucomicrobia and Fusobacteria each of which can perform various functions, and contribute to the overall health of the gut. Presence of bacterial populations in optimal proportions indicates a healthy gut. Higher or lower proportions may lead to improper body weight, and may also indicate a disease risk.



Top Abundant Bacterial Genera

The composition and abundance of different bacterial genera can have significant effects on various aspects of our health. It is important to note that the composition of the gut microbiome can vary greatly between individuals, and can be influenced by factors such as diet, age, antibiotic usage and overall health.



Genera affected by your diet pattern

Your diet preference determines the type of bacteria enriched in your gut. Bacteroides and Prevotella are the most common genus present in the gut. Higher proportion of Prevotella indicates that you prefer plant-based diet rich in carbohydrates and fiber (non-Western diet), whereas, higher proportion of Bacteroides indicates that you prefer protein and fat rich diet (Western diet).

Microbial Proportion	Your Sample Value	Inference
Bacteroides-Prevotella	1.083	You prefer protein and fat rich diet

Top Abundant Bacterial Species

Bacterial Species	Normal Range (%)	Your Value (%)	Inference
Segatella copri	0.0004-65.899	35.4773	Normal
Megamonas rupellensis	0-2.2428	9.1695	High
Segatella hominis	0.0003-24.7627	8.8566	Normal
Megamonas funiformis	0-2.4073	8.7857	High
Bifidobacterium catenulatum	0.0003-6.1498	5.3683	Normal
Bifidobacterium pseudocatenulatum	0.0002-3.5923	3.5548	Normal
Phocaeicola vulgatus	0.0006-15.3263	3.3008	Normal
Ligilactobacillus ruminis	0-1.5822	2.0655	High
Bifidobacterium bifidum	0.0001-0.8055	1.4182	High
Agathobacter rectalis	0.0045-7.552	1.0411	Normal
Prevotella merdae	0.0001-10.1241	0.918	Normal
Acidaminococcus intestini	0-0.2764	0.7508	High
Bifidobacterium longum	0.0002-2.841	0.5874	Normal
Leyella lascolaii	0.0004-1.4468	0.5873	Normal
Faecalibacterium duncaniae	0.0012-5.7086	0.4878	Normal

B. Probiotic Biome - Good Bacteria

Probiotic biome refers to the beneficial microorganisms that inhabit the human gut. They play an important role in maintaining good health, as they boost the immune system, help with digestion and contribute to overall well- being. Lactobacillus and Bifidobacteria are the most commonly used microorganisms as probiotics.

Microbial Group	Normal Range (%)	Your Value (%)	Inference
Akkermansia muciniphila	0.0001-10.5092	0.0041	Normal
Bifidobacterium adolescentis	0.0002-3.7876	0.3125	Normal
Bifidobacterium animalis	0.0001-0.0133	0.0046	Normal
Bifidobacterium bifidum	0.0001-0.8055	1.4182	Normal
Bifidobacterium breve	0.0001-0.796	0.111	Normal
Bifidobacterium longum	0.0002-2.841	0.5874	Normal
Lacticaseibacillus paracasei	0.0001-0.0095	0.0001	Normal
Lactiplantibacillus pentosus	0.0001-0.0016	0	**Low**
Lactiplantibacillus plantarum	0.0001-0.0022	0	**Low**
Lactobacillus delbrueckii	0.0001-0.0129	0	**Low**
Lactobacillus gasseri	0.0001-0.005	0	**Low**
Lactobacillus helveticus	0.0001-0.0046	0	**Low**
Lactococcus lactis	0.0001-0.0033	0	**Low**
Ligilactobacillus salivarius	0.0001-0.113	0.0006	Normal
Limosilactobacillus fermentum	0.0001-0.0054	0	**Low**
Limosilactobacillus reuteri	0.0001-0.0002	0	**Low**
Streptococcus thermophilus	0.0001-0.0283	0.0073	Normal

C. Pathogenic Biome - Harmful Bacteria

Bacteria, viruses and fungi have the potential to disrupt the delicate balance of the human gut microbiome and compromise health. Understanding the dynamics of the pathogenic biome is crucial for identifying and combating infectious agents that may lead to various illnesses.

Microbial Group	Normal Range (%)	Your Value (%)	Inference
Bacillus cereus	0	0	Normal
Bacillus cytotoxicus	<=0.0007	0	Normal
Campylobacter jejuni	<=0.0021	0	Normal
Citrobacter freundii	<=0.0334	0	Normal
Clostridioides difficile	<=0.0005	0.0002	Normal
Clostridium botulinum	0	0	Normal
Enterococcus faecalis	<=0.0379	0	Normal
Enterococcus faecium	<=0.0741	0	Normal
Escherichia coli	<=4.4815	0.0106	Normal
Fusobacterium nucleatum	<=0.0002	0	Normal
Haemophilus influenzae	<=0.0022	0.0002	Normal
Helicobacter pylori	0	0	Normal
Klebsiella pneumoniae	<=10.8926	0	Normal
Listeria monocytogenes	0	0	Normal
Mycobacterium avium	0	0	Normal
Proteus mirabilis	<=0.0036	0	Normal
Pseudomonas aeruginosa	<=0.0111	0	Normal
Salmonella enterica	<=0.0179	0	Normal
Shigella boydii	<=0.9562	0.002	Normal

Microbial Group	Normal Range (%)	Your Value (%)	Inference
Shigella dysenteriae	<=0.8198	0.0047	Normal
Shigella flexneri	<=0.7856	0.0041	Normal
Shigella sonnei	<=3.0649	0.0018	Normal
Streptococcus pneumoniae	<=0.0014	0.0004	Normal
Vibrio cholerae	<=0.0001	0	Normal
Yersinia enterocolitica	<=0.0007	0	Normal

D. Regulation of Vitamin Levels

Gut microbiome plays a crucial role in regulating the levels of certain vitamins in the body. While some bacteria have the ability to produce vitamins such as B and K, some bacteria have the ability to regulate the levels of vitamins such as A and C. For example, Bifidobacteria and Lactobacilli, which are commonly found in the gut, produce B vitamins such as B12 and B9. Streptococcus and Lactobacillus produce Vitamin K. Having a healthy and diverse gut microbiome is important for maintaining proper levels of these vitamins, so that they help in maintaining a healthy immune system, supporting energy metabolism and promoting normal red blood cell formation. But it is important to note that while the gut microbiome can produce certain vitamins, it is still recommended to get these vitamins through a balanced diet, as the amount produced by the microbiome may not be enough to meet the body's needs.

Vitamin A

Vitamin A is a fat-soluble vitamin that plays a role in immune regulation, growth, reproduction and in normal functioning of various organs in our body. Maintaining a healthy gut microbiome is necessary to maintain normal levels of Vitamin A and to obtain protection against pathogens.

Vitamin	Inference	Risk Taxa
Vitamin A	Normal	--

Vitamin B

B vitamins are water-soluble organic compounds which are required for several physiological functions of the living organisms. They play a vital role in our body, like, neurotransmitter synthesis, immune functions and cell signaling. Our gut contains bacteria that produce B vitamins, but in limited amounts.

Vitamin	Inference	Risk Taxa
Vitamin B1	Normal	--
Vitamin B5	Normal	--
Vitamin B6	Normal	--
Vitamin B7	Normal	--
Vitamin B12	Normal	--

Vitamin C

Vitamin C is a water soluble compound required for maintenance of important physiological functions of the body. Deficiency of this vitamin is associated with anemia, infections, scurvy and muscle degeneration. It also acts as a powerful antioxidant. Dietary doses of vitamin C in healthy individuals have been shown to increase richness of gut microbiota with several beneficial shifts in bacterial population.

Vitamin	Inference	Risk Taxa
Vitamin C	Normal	--

Vitamin D

Vitamin D is a fat-soluble vitamin which is required for bone strength, immunological and other important functions of the human body. Long term deficiency of this vitamin leads to skeletal deformities like rickets in children and osteomalacia in adults. Hypovitaminosis also leads to chronic disease like cancer, heart disease, autoimmune disease and diabetes. The amount of dietary vitamin D and its circulating levels may be involved in maintaining immune homeostasis in healthy individuals, partially via modulating the gut microbial composition.

Vitamin	Inference	Risk Taxa
Vitamin D	Normal	--

Vitamin K

Though Vitamin K is synthesized by our body, the amounts produced are often not sufficient to meet daily requirements. It is important to obtain it from dietary sources or from bacteria in the gut. The amount of vitamin K produced by the gut bacteria may be influenced by several factors, including the diet, gut microbiome composition, and overall health.

Vitamin	Inference	Risk Taxa
Vitamin K	Normal	--

E. Regulation of Short Chain Fatty Acids (SCFAs)

These SCFAs are required to maintain blood pressure and gut barrier homeostasis, metabolism of glucose and lipids and in the regulation of immune system and inflammatory responses.
1. Acetate is required for energy production, synthesis of lipids and protein acetylation.
2. Butyrate maintains intestinal barrier integrity, supplies energy to the large intestinal cells and regulates immune response.
3. Propionate plays a role in gluconeogenesis.

SCFA	Inference	Risk Taxa
Acetate	Normal	--
Butyrate	Normal	--
Propionate	Normal	--

F. Neurotransmitters

Gut Microbiome plays a key role in producing neurotransmitters and neurotransmitter precursors, which influence mood and brain function. The imbalance in gut bacteria in addition to other factors can affect mental health, and contribute to conditions like anxiety and depression.

Note: Your neurotransmitter levels can change with your lifestyle

Neurotransmitter	Inference	Risk Taxa
GABA	**Low**	*Low Abundance:Lactobacillus_delbrueckii (S); Limosilactobacillus_fermentum (S)*
Dopamine	Normal	--
Histamine	Normal	--
Acetylcholine	**Low**	*Low Abundance:Lactiplantibacillus_plantarum (S)*
Serotonin	**Low**	*Low Abundance:Lactococcus_lactis (S)*
Tryptamine	Normal	--

G. Antibiotic Resistance

Your gut microbiome can harbor antibiotic-resistant bacteria, which may spread resistance genes and reduce effectiveness of treatments. Overuse of antibiotics can disrupt gut balance, allowing resistant strains to thrive. Monitoring your microbiome can help identify resistance patterns and guide more effective antibiotic use.

Note: Your microbial resistance can change with your lifestyle

Antibiotic	Inference
Amikacin	Not Resistant
Aminoglycoside	Not Resistant
Amoxicillin-Clavulanic Acid	Not Resistant
Ampicillin	Not Resistant
Azithromycin	**Resistant**
Aztreonam	Not Resistant
Bacitracin	Not Resistant
Beta-Lactam	Not Resistant
Carbapenem	Not Resistant
Cefiderocol	Not Resistant
Ceftazidime-Avibactam	Not Resistant
Cephalosporin	**Resistant**
Chloramphenicol	Not Resistant
Clarithromycin	Not Resistant
Clindamycin	Not Resistant
Colistin	Not Resistant
Daptomycin	Not Resistant
Erythromycin	**Resistant**

Antibiotic	Inference
Fidaxomicin	Not Resistant
Fluoroquinolone	Not Resistant
Fosfomycin	Not Resistant
Gentamicin	Not Resistant
Imipenem	Not Resistant
Isoniazid	Not Resistant
Linezolid	Not Resistant
Meropenem	Not Resistant
Methicillin	Not Resistant
Metronidazole	Not Resistant
Mupirocin	Not Resistant
Nitrofurantoin	Not Resistant
Quinolone	Not Resistant
Rifampin	Not Resistant
Rifamycin	Not Resistant
Sulfonamide	Not Resistant
Tetracycline	Not Resistant
Tigecycline	Not Resistant
Tobramycin	Not Resistant
Trimethoprim-Sulfamethoxazole	Not Resistant
Vancomycin	Not Resistant

H. Inflammatory markers

Inflammatory markers are used to detect and measure systemic inflammation in the body. Their levels increase in response to infections, autoimmune diseases and certain cancers. These markers provide valuable information for diagnosis, monitoring disease progression, evaluating treatment response and assessing patient risk.

Inflammatory Markers	Inference	Risk Taxa
C-reactive protein	Low Risk	--
Tumor Necrosis Factor	Low Risk	--
Interleukins	Low Risk	--
Trimethylamine N-oxide	Low Risk	--

I. Disease Risk

The gut microbiome plays a vital role in various aspects of human health. An imbalance in the gut microbiome, known as dysbiosis, is associated with various health problems, including metabolic disorders such as obesity and type 2 diabetes, autoimmune diseases, and mental health disorders such as depression and anxiety.

Disease	Disease Risk
Type 2 Diabetes	Low Risk
Rheumatoid arthritis	Low Risk
Hypertension	Low Risk
Atherosclerosis	Low Risk
Chronic kidney disease	Low Risk
Colorectal cancer	Low Risk
Depression	Low Risk
Irritable bowel syndrome	Low Risk
Obesity	Low Risk

J. Symptom Risk

Your microbiome can reveal potential risk for symptoms such as digestive issues, fatigue or inflammation. By understanding imbalances in your gut, you can proactively mitigate these risks and improve your symptoms.

Symptom	Symptom Risk
Stomach pain	Low Risk
Flatulence and bloating	Low Risk
Constipation	Low Risk
Diarrhea	Low Risk

4. Handbook

The handbooks and references in this section make it easy for you to implement your recommendations in your daily life and to deep dive into your microbiome analysis whenever you would like to.

A. Food and Diet Plans
B. Metabolites
C. Microbiome
D. Diseases and Symptoms
E. Probiotics and Prebiotics

Scan/Click to open the Handbook

Disclaimer

- The gut microbiome is dynamic, and current understanding of its role in health is limited.
- Mapmybiome does not replace the advice or recommendations of healthcare professionals. It is important to consult with your healthcare provider or a qualified medical professional regarding any health concerns or conditions you may have.
- By using the company's services, you acknowledge and understand the limitations and potential risks associated with the interpretation and use of the test results. You agree to assume full responsibility for any decisions made based on the information provided by the Mapmybiome test.
- The results of a gut microbiome analysis are specific to the individual at the time of sample collection and may not reflect the long-term stability of their microbiome.
- The results of the analysis should not be used to diagnose or treat medical conditions and should be interpreted in conjunction with other medical information.
- The analysis may not detect all bacteria present in the gut and the results may be influenced by various factors such as diet, medications, anti-biotics and other health conditions.
- If you are currently taking antibiotics or have recently completed a course of antibiotics, please be aware that the test results may not accurately reflect your gut microbiome composition during antibiotic treatment or immediately afterward. It is recommended to wait for a sufficient period after completing antibiotic therapy before taking the test to obtain a more representative snapshot of your gut microbiome.
- Smoking and alcohol consumption can have negative impact on gut microbiome.
- Aging is associated with changes in the gut microbiome. In infancy, the gut microbiome is initially dominated by beneficial bacteria that are acquired from the mother during birth and through breast milk. As the individual grows, the gut microbiome becomes more diverse, but begins to decline in diversity as the person ages.
- The recommendations provided in the report are based on the current understanding of the gut microbiome and its relationship to health and may not be appropriate for everyone.

P. Sandhya Kiran

Dr. Sandhya Kiran P, PhD
VP - Bioinformatics

Dr. M Aravind Kumar, PhD
Head of Lab Operations

S P S Satish

Mr. Sunkara Phani Sri Satish
Team Leader

General Recommendations

Food Recommendations

Maintaining a healthy gut is crucial for overall well-being. Here are some general food recommendations to support gut health in your daily life:

High Fiber Foods

Incorporate plenty of fiber-rich foods like whole grains, legumes, fruits, and vegetables. Fiber nourishes beneficial gut bacteria and supports regular bowel movements. Examples of fiber-rich foods are Whole grains like oats, quinoa, and brown rice; legumes such as lentils, beans, and chickpeas; fruits like berries, apples, and pears; vegetables including broccoli, spinach, and Brussels sprouts.

Probiotic Foods

Include fermented foods such as yogurt, kefir, sauerkraut, kimchi, and kombucha. These foods provide live beneficial bacteria that can promote a balanced gut microbiome.

Prebiotic Foods

Consume prebiotic-rich foods like garlic, onions, leeks, asparagus, and bananas. Prebiotics are non-digestible fibers that feed the beneficial bacteria in your gut.

Colorful Fruits and Vegetables

Eat a Variety of colorful produce to provide diverse nutrients and antioxidants that support gut health. Examples are red bell peppers, oranges, blueberries, spinach, beets, carrots, purple cabbage.

Healthy Fats

Choose sources of healthy fats like avocados, nuts, seeds, and olive oil. These fats can help reduce inflammation and support gut lining health. Avocados, nuts (almonds, walnuts), seeds (chia seeds, flaxseeds), olive oil.

Lifestyle Changes

Stay Mindful

Include fermented foods such as yogurt, kefir, sauerkraut, kimchi, and kombucha. These foods provide live beneficial bacteria that can promote a balanced gut microbiome.

Moderate Alcohol

Limit alcoholic beverages to occasional servings.

Hydration

Drink water, herbal teas, and consume hydrating foods like watermelon and cucumbers.

Minimize Processed Foods

Reduce intake of highly processed foods like packaged snacks, sugary cereals, sugary beverages, and fast food, as they may contain additives that negatively impact gut health.

Avoid Excessive Sugar

Limit sugary cereals, sugary drinks, candies, pastries, and desserts.

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