

## 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

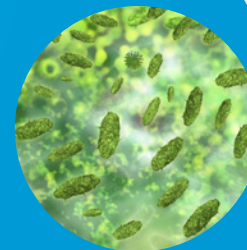


## Jerusalem Artichokes

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