



ChatGPT 4o mini ▾

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- **Polyphenol-rich foods** include:
  - Berries (blueberries, raspberries, strawberries)
  - Dark chocolate (with at least 70% cocoa)
  - Green tea
  - Olive oil
  - Nuts (almonds, walnuts)

## 5. Moderate Protein Intake:

While protein is essential, excessive intake—especially from animal sources—can sometimes support the growth of certain bacteria that are linked with negative gut outcomes, like *Ruminococcus* or *Anaerotignum*. Aim for a balanced approach with plenty of plant-based proteins (like beans, lentils, and tofu) alongside moderate amounts of animal protein, focusing on lean sources.

## 6. Consider Polyunsaturated Fatty Acids (PUFAs):

Research suggests that omega-3 fatty acids, found in fatty fish and flaxseeds, can promote the growth of *Faecalibacterium*. Incorporating sources of omega-3s could support a healthy gut.

- **Foods rich in omega-3s** include:
  - Fatty fish (salmon, mackerel, sardines)
  - Chia seeds, flaxseeds, and walnuts

## 7. Limit Antibiotics and Other Gut Disruptors:

If you are on antibiotics or have taken them recently, they can drastically alter the balance of your microbiome, often leading to the overgrowth of certain bacteria. It's important to follow your healthcare provider's guidance on managing antibiotic use, and post-antibiotic

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ChatGPT can make mistakes. Check important info.

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