GUT HEALTH BINGO

EAT A FERMENTED FOOD (kefir, sauerkraut)	TAKE A WALK AFTER A MEAL	ADD LEAFY GREENS TO YOUR MEAL
DRINK A PEPPERMINT TEA	TRY A HOMEMADE SAUCE	ADD A PREBIOTIC (onion, garlic, oats)
EAT SOME ANCIENT GRAINS (quinoa, bulgar etc)	CHEW YOUR FOOD SLOWLY	ADD SOME LEGUMES TO YOUR MEAL