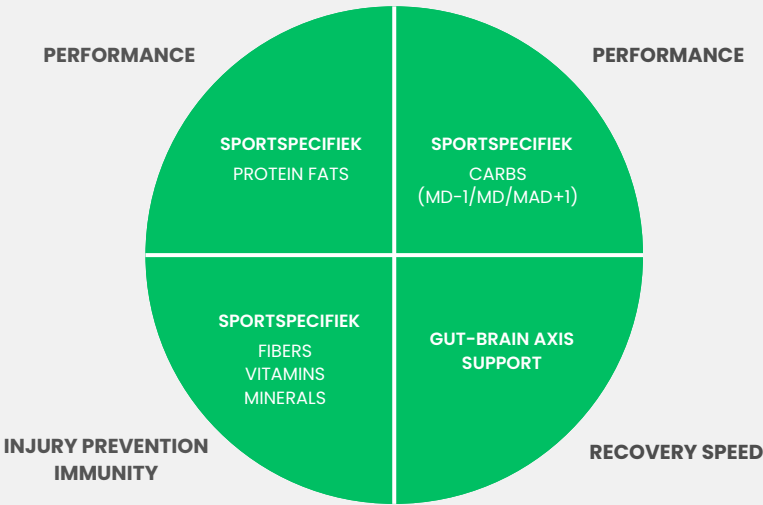


# PHENOTYPE 3: GUTOMICS MAINSTREAM

## Phenotype Gutomics 3



### GUT-BRAIN AXIS SUPPORT

#### EMBRACE

Banana

Brown rice

Peas

Grapes

Finely chopped nuts and seeds (eat separately – never in combination with other foods)

Fermented foods

Greens (algae, kale, broccoli,...) shake

Chickpeas

Pinda's

Peanuts

Shellfish such as mussels, clams and oysters

Orange

Fatty fish

While there are no specific foods that should be avoided, you may still need to pay attention to certain aspects of the diet, such as the intake of added sugars, trans fats and processed foods. These can all contribute to an unbalanced diet and can have negative long-term effects on health.

In addition, it is important to listen to the body and pay attention to any intolerances or sensitivities to certain foods. Although someone with phenotype 1 can generally eat anything, individual responses can vary, so it's wise to keep an eye out for any signs of discomfort after eating certain foods.