

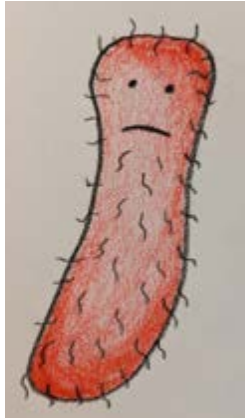
Enterobacteria



Bilophila



Ruminococcus torques



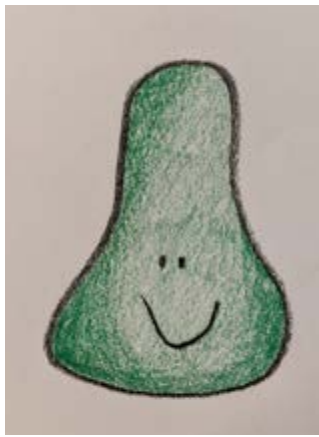
Enterobacteria



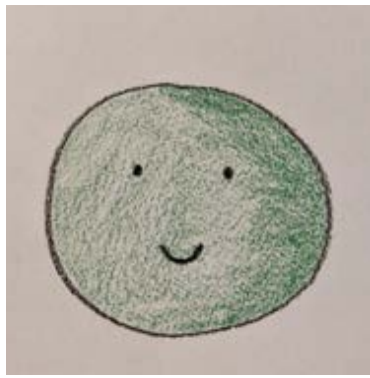
Bilophila



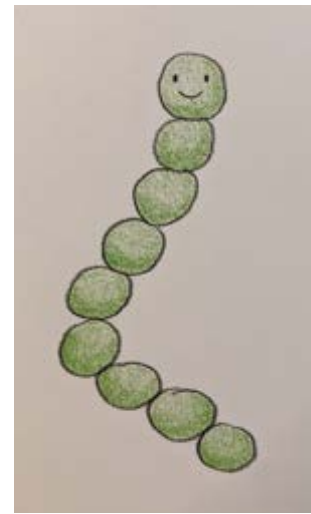
Ruminococcus torques



Lactobacillus



Roseburia



Bifidobacterium



Eubacterium rectale



Prevotella



Bacteroides vulgatus



Bacteroides uniformis

Food Cards



Grilled Salmon and veggies

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQDOhH2xM58wKf2IaiQer6f1LD6UU1CqitqhA&usqp=CAU>



Steak and veggies

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQqoyzXMLo0rB135noZHMM7U-nNI5zPdQNQIQ&usqp=CAU>



Garden Salad

<https://pixy.org/4782193/>



Whole Grain Pasta and Pesto

https://img.rawpixel.com/s3fs-private/rawpixel_images/website_content/upwk61663236-wikimedia-image.jpg?w=800&dpr=1&fit=default&crop=default&q=65&vib=3&con=3&usm=15&bg=F4F4F3&ixlib=js-2.2.1&s=ac72facb232d7cd725941de65718a1f5



Black Bean and Corn Salad

<https://www.flickr.com/photos/grandgrl/3656900045>



Grilled Chicken

https://upload.wikimedia.org/wikipedia/commons/9/9d/Grilled_Chicken_Breast_s_%2828905381261%29.jpg



Steamed Broccoli

<https://commons.wikimedia.org/wiki/File:Broccoli.jpg>



Steamed Carrots

https://commons.wikimedia.org/wiki/File:Bowl_of_Carrots.jpg



White Rice

<https://www.google.com/url?sa=i&url=http%3A%2F%2Fonopotcook.com%2Fhow-to-achi-eve-perfectly-cooked-rice-in-the-microwave%2F&psig=AOvVaw1npu3n104JRA3U0RmqaGP3&ust=1641935209139000&source=images&cd=vfe&ved=0CAsQJRxqFwoTCOjB776LqPUCFQAAAAAdAAAAABAD>



Canned Green Beans

<https://world.openfoodfacts.org/product/0011110802354/cut-green-beans-kroger>



Eggs with Veggies and Whole Grain Toast

https://cdn.pixabay.com/photo/2019/03/17/11/34/brunch-4060711_1280.jpg



Steel Cut Oats with Blueberries

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRsT3orawInS0jig5s5sJdwbPhiAUbx1o-hDw&usqp=CAU>



Fresh Veggies with Hummus

https://cdn.pixabay.com/photo/2019/03/04/13/00/hummus-4034050_1280.jpg



High Protein Yogurt with Granola and Fruit

https://www.google.com/url?sa=i&url=https%3A%2F%2Fpxhere.com%2Fen%2Fphoto%2F1365446&psig=AOvVaw30t8_t3Ckin6pL_1XcFO43&ust=1641936155762000&source=images&cd=vfe&ved=0CAsQjRxqFwoTCLDhk5OPqPUCFQAAAAAdAAAAABAK



Fruit Smoothie

<https://pixabay.com/photos/smoothies-smoothie-juice-health-5367939/>



Chicken Tacos with fresh veggies

<https://pixnio.com/food-and-drink/burgers-and-sandwiches/food-meat-sandwich-dish-meal-dinner-lunch-delicious>



Pita Turkey Sandwich

<https://pixnio.com/free-images/2017/09/19/2017-09-19-06-57-07.jpg>



Ham Sandwich

<https://www.flickr.com/photos/mollyelliott/4576131603/>



Baked Potato

<https://hips.hearstapps.com/hmg-prod/images/delish-baked-potatoes-horizontal-1532986298.png>



Steak

<http://www.joshuakehn.com/2014/8/19/perfect-rib-eye-steak.html>



Cereal

<https://world.openfoodfacts.org/product/0016000126855/cinnamon-toast-crunch-cereal-with-whole-grain>



Cereal

<https://snappygoat.com/s/?q=bestof%3AGrated+Mooli.JPG+en+Kadoo+kash+Mooli+own+Miansari66+Cuisine+of+Punjab+India+made+by+User+Miansari66+Food+ingredients+of+Pakistan>



Instant Brown Sugar Oatmeal

https://commons.m.wikimedia.org/wiki/File:2019-03-26_19_34_29_A_bowl_of_Quaker_Instnat_Oatmeal_Maple_and_Brown_Sugar_Flavor_in_the_Dulles_section_of_Sterling,_Loudoun_County,_Virginia.jpg



Cereal

<https://www.flickr.com/photos/30478819@N08/24261603568>



Cereal

<https://www.piqsels.com/en/public-domain-photo-sskof>



Frozen Breakfast Waffles

<https://world.openfoodfacts.org/product/0038000402807/eggo-waffles-kellogg-s>



Low Fat High Sugar Yogurt

<https://www.flickr.com/photos/jeepersmedia/12825246424>



Strawberry smoothie with whipped cream

<https://www.flickr.com/photos/30478819@N08/49947627966>



Southwest Burrito

<https://news.dunkindonuts.com/news/big-time-for-burrito-fans:-dunkin-donuts-leaps-toward-spring-with-new-grandde-burrito>



Fried Fish

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTdm2rMAvb4FukOYyqCUIQV1d5duMjA3xvIQ&usqp=CAU>



Pizza

https://www.tripadvisor.com/Restaurant_Review-g46052-d4183742-Reviews-Constantly_Pizza-Concord_New_Hampshire.html



Bacon Cheddar Sour Cream Potato

<https://www.jessicagavin.com/twice-baked-potatoes/>



Pizza

<https://pixabay.com/photos/pepperoni-pizza-mozzarella-4818019/>



Hamburger and Fries

<https://www.ubereats.com/manchester-nh/food-delivery/burger-king-444-west-st/v5KJ2vPYTEWL04oe6q1jUw>



Double Cheeseburger, Fries, Coke

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSzWsoJdPRvQ2wv kxxqeS5tbiFkzy3BX1oDTw&usqp=CAU>



French Fries

<https://pixabay.com/photos/food-eat-diet-mcdonalds-french-2202373/>



Fried Fish Sandwich

<https://pxhere.com/en/photo/1387329>



BBQ Ribs Sandwich

<https://snappygoat.com/s/?q=bestof%3Aronald+mcdonald+mcdonalds+graffiti+satire>



Beef Taco

<https://www.flickr.com/photos/1finecookie/7748304144>



Peanut Butter Sandwich

<https://www.flickr.com/photos/george/3192928477/>



Fried Chicken

<https://pixabay.com/images/search/fried%20chicken/>



Hot Dog

<https://www.puppylovehotdogs.com/>

Positive Side Effects Cards

Have more energy!	Less frustration	Good Bowel Movements
You read a whole book	Stayed focus in class	Better control of emotions
You feel calmer during the day	Less Gas	Maintain a healthy weight
High test scores	Skin is clear	Increased happiness
Better sleep	Good bowel movements	Have more energy!

Negative Side Effects Cards

Stomach ache	Difficulty focusing in class	Difficulty controlling emotions
Diarrhea	Excess Gas	Fatigue
Inconsistent Bowel Movements	Stomach Cramps	Constipation
Low Test Scores	Weight Gain	Mood Swings
Problems with acne	Hyperactivity	Bloating
Trouble sleeping	Eczema	Short temper