

<p>Eat lentils with lunch + 20 Microbes</p> <p>Lentils are high in fiber. Fiber serves as a healthy food source for the microbes in our gut.</p>	<p>Eat beans with dinner + 20 Microbes</p> <p>Beans are high in fiber. Fiber serves as a healthy food source for the microbes in our gut.</p>	<p>Brought whole grain bread over white bread +20 Microbes</p> <p>Whole grain is high in fiber. Fiber serves as a healthy food source for the microbes in our gut</p>
<p>Brought brown rice over white rice +20 Microbes</p> <p>Brown rice is high in fiber. Fiber serves as a healthy food source for the microbes in our gut</p>	<p>Drink a cup of green tea +10 Microbes</p> <p>Green tea is high in polyphenol. Polyphenols help regulate gut bacteria and increase the amount of healthy bacteria while limiting the growth of bad bacteria</p>	<p>Avoid snacking on junk food for a week +20 Microbes</p> <p>Processed food should be avoided because they impair the microbial life in our gut, while whole foods help the microbes to flourish</p>
<p>Drink a cup of locally made kombucha +30 Microbes</p> <p>Fermented foods naturally contain probiotics which improve the balance of the microbiome</p>	<p>Eat organic yogurt for breakfast +30 microbes</p> <p>Fermented foods naturally contain probiotics which improve the balance of the microbiome</p>	<p>Eat sauerkraut with dinner +30 Microbes</p> <p>Fermented foods naturally contain probiotics which improve the balance of the microbiome</p>

<p>Reduce the amount of sugar used in your coffee +20 Microbes</p> <p>Excess sugar promotes microbes that cause tooth decay and does nothing to enhance your gut bacterial diversity</p>	<p>Take a week long trip to the countryside +100 Microbes</p> <p>Increases exposure to microbes improves your microbiome diversity and overall health</p>	<p>Adopt a dog +100 Microbes</p> <p>Increases exposure to microbes improves your microbiome diversity and overall health</p>
<p>Adopt a cat +100 Microbe</p> <p>Increases exposure to microbes improves your microbiome diversity and overall health</p>	<p>Adopt a bunny +100 Microbes</p> <p>Increases exposure to microbes improves your microbiome diversity and overall health</p>	<p>Visit a local petting zoo +100 Microbes</p> <p>Increases exposure to microbes improves your microbiome diversity and overall health</p>
<p>Eat seasonal organic produce +20 Microbes</p> <p>Increases plant diversity in diet also increases gut microbiome diversity</p>	<p>De-stress with a trip to the spa +50 microbes</p> <p>High stress can cause a disruption to the balance of our microbiomes</p>	<p>Choose water instead of diet soda at a restaurant +20 Microbes</p> <p>Excess sugar promotes microbes that cause tooth decay and does nothing to enhance your gut bacterial diversity</p>

<p>Reduced your red meat intake +20 Microbes</p> <p>Red meat contains a chemical that raises heart disease risk through its interactions with the gut microbiome</p>	<p>Make a home cooked meal instead of a processed box dinner +20 Microbes</p> <p>Processed foods should be avoided because they impair gut microbiome while whole foods help them flourish</p>	<p>Cook a vegetarian, whole grain lasagna for dinner +20 Microbes</p> <p>Foods high in fiber serve as a healthy food source for gut microbes</p>
<p>Make homemade meal with fresh garlic +20 Microbes</p> <p>Garlic contains prebiotic fiber and other secondary plant compound which serve as a healthy food source for the microbes in our gut</p>	<p>Choose the whole grain pasta option at a restaurant +20 Microbes</p> <p>Foods high in fiber serve as a healthy food source for gut microbes</p>	<p>Eat a high fiber vegan meal for lunch +20 Microbes</p> <p>Fiber serves as a healthy food source for microbes in our gut</p>
<p>Snack on organic blueberries +10 microbes</p> <p>Blueberries contain polyphenols that help regulate gut bacteria and increase the amount of healthy bacteria while limiting the growth of bad bacteria</p>	<p>Visit a local farm +100 Microbes</p> <p>Increased exposure to microbes improves your microbiome diversity and overall health</p>	<p>Eat an organic banana +20 Microbes</p> <p>Bananas contain prebiotic fiber which serves as a healthy food source for the microbes in our gut</p>

<p>Develop a regular exercise routine +50 Microbes</p> <p>Decreasing stress is important as high stress causes a disruption to the balance of our microbiome</p>	<p>Train for a marathon +50 Microbes</p> <p>Decreasing stress is important as high stress causes a disruption to the balance of our microbiome</p>	<p>Cook organic asparagus for lunch +20 microbes</p> <p>Asparagus contains prebiotic fiber which serves as a healthy food source for the microbes in our gut</p>
<p>Quit smoking +80 Microbes</p> <p>Smoking disrupts microbial activity</p>	<p>Take a hike +100 Microbes</p> <p>Increased exposure to microbes improves your microbiome diversity and overall health</p>	<p>Go to the beach +100 Microbes</p> <p>Increased exposure to microbes improves your microbiome diversity and overall health</p>
<p>Get a full night's sleep +50 Microbes</p> <p>Avoid unhealthy sleep pattern to avoid the disruption of the gut microbiome</p>	<p>Cook tempeh instead of poultry +30 Microbes</p> <p>Fermented foods naturally contain probiotics which improve the balance of the microbiome</p>	<p>Eat organic produce, meat, and dairy +20 Microbes</p> <p>Pesticides and antibiotics are present in many non-organic produce, meat, and dairy which can reduce bacterial diversity and lead to antimicrobial resistance</p>

<p>Eat dark chocolate for dessert +10 Microbes</p> <p>Dark chocolate contains Polyphenols which help regulate gut bacteria and increase the amount of healthy bacteria while limiting the growth of bad bacteria</p>	<p>Eat a chickpea salad +20 Microbes</p> <p>Chickpeas are high in fiber which serves as a healthy food source for the microbes in our gut</p>	<p>Make your own “Good Choice”</p>
<p>Make your own “Good Choice”</p>	<p>Choose to buy fast food for dinner, rather than make a home cooked meal -20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole foods help the microbes to flourish</p>	<p>Eat the same cuisine constantly, avoiding other food choices -30 Microbes</p> <p>Eating a diverse range of foods can lead to diverse gut flora and a healthier microbiome.</p>
<p>Become a picky eater and avoid lentils -20 Microbes</p> <p>Fiber serves as a healthy food source for the microbes in our gut</p>	<p>Spend the majority of your time indoors -20 Microbes</p> <p>Lack of exposure to microbes reduces your microbiome diversity and compromises your overall health</p>	<p>Engage in multiple high stress activities regularly -50 Microbes</p> <p>High stress causes a disruption to the balance of our microbiomes</p>

<p>Drink less water than normal -20 Microbes</p> <p>Dehydration is linked to constipation, which disrupts the normal function of the gut microbiome</p>	<p>Give up your New Year's resolution to exercise regularly -50 Microbes</p> <p>Physical activity helps promote regular bowel movements and helps to balance the gut ecosystem</p>	<p>Buy vegetables but neglect to incorporate them into cooked meals -20 Microbes</p> <p>By avoiding fiber you miss a healthy food source for the microbes in our gut</p>
<p>Drink a lot of alcohol -80 Microbes</p> <p>High alcohol consumption may decrease the number of beneficial microbes in the gut</p>	<p>Become a smoker -80 microbes</p> <p>Smoking disrupts microbial activity</p>	<p>Buy white rice instead of brown rice -20 Microbes</p> <p>Fiber serves as a healthy food source for the microbes in our gut</p>
<p>Pull multiple all nighters -50 Microbes</p> <p>Irregular sleep patterns and sleep deprivation disrupts your body's circadian rhythm which can be harmful to your gut microbiome</p>	<p>Accept a new high stress job -50 Microbes</p> <p>High stress causes a disruption to the balance in our microbiomes</p>	<p>Never venture out of the city -100 Microbes</p> <p>Lack of exposure to microbes reduces your microbiome diversity and may compromise your overall health</p>

<p>Choose to drive instead of walk to a nearby location -50 microbes</p> <p>Physical activity helps promote gut bacterial growth and regular bowel movements</p>	<p>Eat sugary cereal for breakfast -20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole grain foods help the microbes to flourish</p>	<p>Have a primarily carnivorous diet -30 Microbes</p> <p>Red meats contain the chemical carnitine which alters the composition of gut microbiota and increases the risk of heart disease.</p>
<p>Choose diet soda over water at a restaurant -20 Microbes</p> <p>Over-consumption of both Artificial and natural sugar disrupts the metabolism of microbes in the gut</p>	<p>Choose soda over water at a restaurant -20 Microbes</p> <p>Over-consumption of both artificial and natural sugars can disrupt the gut ecosystem</p>	<p>Drink green smoothies made with excessive amounts of sweeteners -20 Microbes</p> <p>Over-consumption of both artificial and natural sugars can disrupt the gut ecosystem</p>
<p>Buy candy when going to the movie theater -20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole grain foods help the microbes to flourish</p>	<p>Choose white bread over whole grain bread -20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole grain foods help the microbes to flourish</p>	<p>Get fast food french fries instead of cooking potatoes at home -20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole grain foods help the microbes to flourish</p>

<p>Indulge in a steak dinner every night -30 Microbes</p> <p>Red meats contain the chemical carnitine which alters the composition of gut microbiota and increases the risk of heart disease.</p>	<p>Choose to get a fast food hamburger for your lunch break -20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole grain foods help the microbes to flourish</p>	<p>Choose to drive instead of walk to a nearby location - 50 Microbes</p> <p>Physical activity helps promote gut bacterial growth and regular bowel movements</p>

<p>Sweeten your tea with artificial sugar -20 Microbes</p> <p>Over-consumption of both Artificial and natural sugar disrupts the metabolism of microbes in the gut</p>	<p>Order a side of fries instead of a side salad at a restaurant -20 Microbes</p> <p>Fiber serves as a healthy food source for the microbes in our gut</p>	<p>Avoid whole grain pasta at the grocery store - 20 Microbes</p> <p>Fiber serves as a healthy food source for the microbes in our gut</p>
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<p>Pick out all the asparagus from your dinner plate</p> <p>-20 Microbes</p> <p>Fiber serves as a healthy food source for the microbes in our gut</p>	<p>Avoid kombucha because you regard it as a fad</p> <p>-30 Microbes</p> <p>Fermented foods naturally contain prebiotics and probiotics, which improve the balance of the microbiome</p>	<p>Eat an excessive amount of oreos because they're technically "vegan"</p> <p>-20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole grain foods help the microbes to flourish</p>
<p>Avoid vegan/vegetarian options at restaurants</p> <p>-20 Microbes</p> <p>Vegan and vegetarian options are often high in fiber, a healthy food source for the microbes in our gut</p>	<p>Avoid buying Jerusalem Artichokes because you think they won't taste good</p> <p>-20 Microbes</p> <p>Fiber serves as a healthy food source for the microbes in our gut</p>	<p>Eat multiple milk chocolate candy bars because you regard the cacao as "healthy"</p> <p>-20 Microbes</p> <p>Processed, high-sugar foods impair the microbial life in our gut, while whole foods help the microbes to flourish</p>
<p>Only purchase highly processed snack foods at the health food store.</p> <p>-20 Microbes</p> <p>Processed foods should be avoided because they impair the microbial life in our gut, while whole grain foods help the microbes to flourish</p>	<p>Never take time to destress</p> <p>-50 Microbes</p> <p>High stress causes a disruption to the balance of our microbiomes</p>	<p>Inflammatory Bowel Disease</p> <p>-90 Microbes every blue square</p>

Irritable Bowel Syndrome -60 Microbes every blue square	Acne (oral antibiotics) -30 Microbes every blue square	HIV -100 Microbes every blue square
Allergies -40 Microbes every blue square	Gastric Ulcers -70 Microbes every blue square	Inflammatory Bowel Disease -90 Microbes every blue square

Irritable Bowel Syndrome -60 Microbes every blue square	Acne (oral antibiotics) -30 Microbes every blue square	HIV -100 Microbes every blue square
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<div><div>Bronchitis -80 Microbes</div><div>Take antibiotics</div></div>	<div><div>Strep Throat -70 Microbes</div><div>Take antibiotics</div></div>	<div><div>Severe Sinus Infection -70 Microbes</div><div>Take antibiotics</div></div>
<div><div>Pneumonia -70 Microbes</div><div>Take antibiotics</div></div>	<div><div>E. coli -90 Microbes</div><div>Take antibiotics</div></div>	<div><div>Salmonella -80 Microbes</div><div>Take antibiotics</div></div>
<div><div>Pain from a bacterial ear infection -50 Microbes</div><div>Take antibiotics</div></div>	<div><div>Urinary Tract Infection (UTI) -60 Microbes</div><div>Take antibiotic</div></div>	<div><div>Flu caused by a virus -40 Microbes</div><div>Take unnecessary antibiotics</div></div>

<p>Common cold caused by a virus -40 Microbes</p> <p>Take antibiotics</p>	<p>Breastfed as a baby +50 Microbes</p> <p>Increased exposure to microbes</p>	<p>Breastfed as a baby +50 microbes</p> <p>Increased exposure to microbes</p>
<p>Breastfed as baby +50 Microbes</p> <p>Increased exposure to microbes</p>	<p>Grew up in a city -50 Microbes</p> <p>Less exposures to microbial diversity</p>	<p>Grew up in a countryside +50 microbes</p> <p>More exposure to different types of microbial diversity</p>
<p>Grew up in a countryside +50 microbes</p> <p>More exposure to different types of microbial diversity</p>	<p>Sepsis -300 Microbes</p> <p>Take antibiotics</p>	<p>C. Diff -300 Microbes</p> <p>Take antibiotics</p>

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