

PROTECT YOUR BODY'S BACTERIA

Microscopic creatures—including bacteria, fungi, and viruses—

TO PROTECT GOOD MICROBES:

- **Fiber** is found in plants, including fruits, vegetables, and whole grains.
- **Sugar and fatty or highly processed foods** These include
- **Know when to wash your hands**, like when preparing food, before eating, or after handling pets or garbage.
- **Use hand sanitizer when you can't use soap and water**. Be sure it contains at least 60% alcohol.
- **Antibiotics** These can harm the protective microbes on your skin.
- **Probiotics** These products can be food or supplements. They may claim to restore a healthy microbe mix, but many have not been properly studied.