

## PROTECT YOUR BODY'S BACTERIA

Microscopic creatures—including bacteria, fungi, and viruses—

### TO PROTECT GOOD MICROBES:

- **9UhU'X]Yh'\][ \ ]b' VYf'** Fiber is found in plants, including fruits, vegetables, and whole grains.
- **@]a ]hZccXgH UhWb \i fhnci f'[ i ha ]MfcVYg'** These include sugar and fatty or highly processed foods.
- **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.
- **5j c]X'Ubh]VUWf]U'gcUdg'UbX'ch\Yf'dfcXi Vhg'** These can harm the protective microbes on your skin.
- **6Y'k UfmcZ' dfcV]ch]Vg'** These products can be food or supplements. They may claim to restore a healthy microbe mix, but many have not been properly studied.