

EATING: BY THE NUMBERS



There are
**400
TYPES**
of PROBIOTIC
BACTERIA
in the GUT



The HUMAN BODY
SHELTERS about
**100
TRILLION
MICROBES**



A person
is OBESE when
WEIGHT is about
**20%
HIGHER**
than it should be



80%
Of all
NEW YEAR'S
RESOLUTIONS
fail by
FEBRUARY

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