

Easy to Digest Indian Foods for Upset Stomach

Easy to digest Indian Foods-
Low Fibre and High-Water Content



Ripe bananas



Melon



White Rice



White bread



Khichdi



Toast



Oatmeal



Rasam



Yoghurt

What to do during
bad stomach?



Drink more water



Consult dietician/
doctor



Eat small meals
regularly



Don't eat greasy



Eat less spicy

Happy
Tummy

Good Food For Bad Stomachs

Jin-Ying Zhang



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