

# Easy to Digest Indian Foods for Upset Stomach

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



Ripe bananas



Khichdi



Toast



Melon



Oatmeal



White Rice



Rasam



White bread



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

**Ying Liu**



## **Good Food For Bad Stomachs:**

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Good Food For Bad Stomachs** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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