

# 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

**N Noddings**



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