

# 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

**SJ Ball**



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

## **Good Food For Bad Stomachs** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Good Food For Bad Stomachs**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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



































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