

ON DIET- ANAL FISTULA

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none">● Wheat, oats, brown rice, ragi● Apple, pear, watermelon, litchi, pineapple, papaya, peach, plums● All vegetables except frozen● Egg, chicken or fish – occasionally	<ul style="list-style-type: none">● White bread, maida, white rice, sorghum, corn, banana● Red & green chilli● Red meat, fried chicken & fish