

## ON DIET- ANEMIA

<b>TO BE TAKEN</b>	<b>TO BE AVOIDED</b>
<ul style="list-style-type: none"><li>● Rice, barley</li><li>● All other fruits except grapes, frozen &amp; canned fruits</li><li>● Lentils, legumes, moong beans,</li><li>● Goat milk</li><li>● Tuna, salmon, sea food</li><li>● All nuts except brazil &amp; macadamia</li></ul>	<ul style="list-style-type: none"><li>● Brown rice, oats, sorghum corn, maida</li><li>● Kidney beans, chick peas (limited)</li><li>● Cheese, cream</li><li>● Beef, pork</li><li>● Deep fried foods, spicy food, pasta, white bread</li></ul>