

## ON DIET- CONSTIPATION

<b>TO BE TAKEN</b>	<b>TO BE AVOIDED</b>
<ul style="list-style-type: none"><li>● All grains &amp; millets</li><li>● All fruits except unripe banana</li><li>● All vegetables except canned &amp; frozen</li><li>● Egg white / boiled egg</li></ul>	<ul style="list-style-type: none"><li>● Maida, white rice</li><li>● Red chilli, pepper</li><li>● Cashew, peanuts</li><li>● Avoid flesh foods</li></ul>