

ON DIET- OVARIAN CYSTS AND FIBROIDS

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none">● Papaya, avocado, apples, pear, blueberries, apricots, prunes● Steamed / boiled vegetables● Tomato(limited)● Brown rice, millets, barley,● Yellow & green lentils, Bengal gram, legumes● Almonds, walnuts (soaked)	<ul style="list-style-type: none">● Condensed milk & milk products● Banana, mango, citrus fruits● Raw vegetables-canned & frozen● White refined flour, white rice, gluten rich grains● All other lentils except peanuts cashew● Refined oil, spicy food, soft drinks, coffee, tea, chocolates