

ON DIET – PILES / HEMORRHOIDS

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none">● Green leafy, spinach, cabbage, onion, cucumber, carrot, celery, beans, peas, asparagus● All pulses & legumes● Soaked almonds, dates● Sunflower oi, olive oil, mustard oil● {egg white, chicken, fish once or twice a month}	<ul style="list-style-type: none">● Olives, citrus fruits, banana(it cause constipation)● Green and red chili● Black Lentils● Cashew, pistachio, peanut, figs, apricot, sunflower seeds, flax seed, hazelnuts● Red meat, canned & frozen meat