

# Gastric Dietary Checklist

KIMCHI

SAUERKRAUT

YOGHURT DAIRY OR LACTOSE FREE

KEFIR

BONE BROTH

LEAN PROTEIN

WHOLE GRAINS

LEAFY GREENS, SPINACH, MUSTARD

WHITE OR BROWN RICE

EGGS

SOURDOUGH

BREAD

SALMON OR FATTY FISH

AVACADO



BY CHERIE  
SACCAL