

What you should eat...



PAPAYA

Healthy digestion
Fights constipation
Eliminates intestinal parasites

Antioxidant
Rich in dietary fiber
Reduces cholesterol

GUAVA



STRAWBERRIES AND BLUEBERRIES

Rich in fiber, antioxidants, and low in calories

Rich in fiber
Generates a feeling of fullness
Low in sodium and calories

CUCUMBER



LETTUCE

Low caloric intake
Contains fiber and a lot of water
Provides vitamins and minerals

Cooking: Grilled
Calorie intake
Great protein intake and low

CHICKEN



FISH

Cooking: Grilled
Great protein intake and low

Improves digestion
the lost of abdominal mass
High in fiber and promotes

WHOLEMEAL BREAD



OATMEAL

High in protein
Fiber and satiating



Avoid these foods

