## GASTRITIS DIET – FOOds To Eat

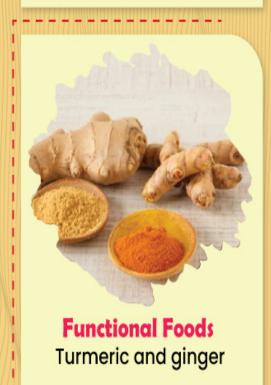


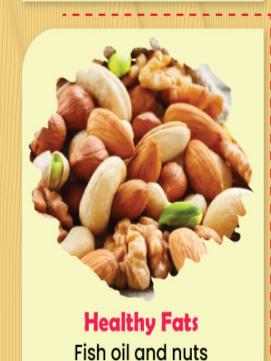
High-fiber Whole Foods

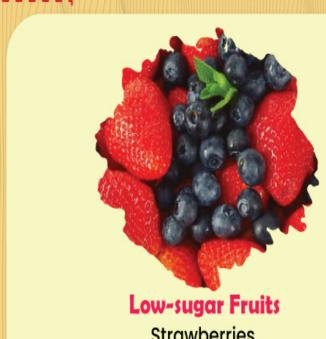
Beans, legumes, and whole grains



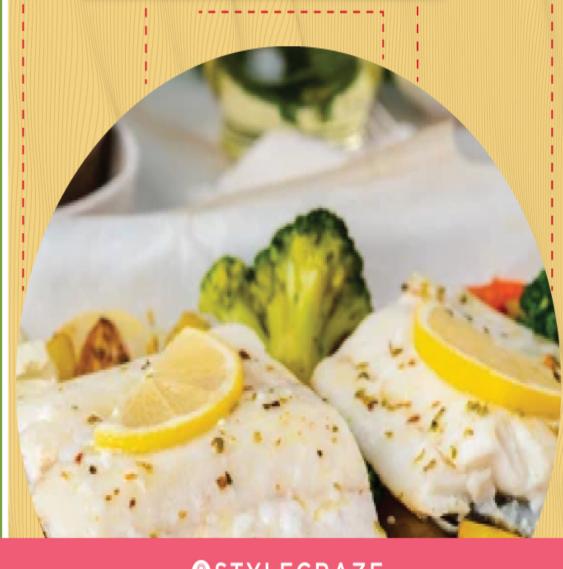
Yogurt, kimchi, and kefir







Strawberries and blueberries



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